2001

• Flashback •

There's No

WRONG WAY

The Free Lance-Star
616 Amelia St.
Fredericksburg, VA 22401

Sports 114

Student Life 4

People 48

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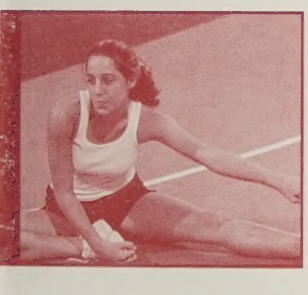

Clubademics 176

Community 218

Jacqui Capriglione

Seniors Rule! While waiting for the outdoor pep rally to begin, members of the class of 2001 show off their "true colors."

There's No WRONG WAY

North Stafford High School
2001 Flashback
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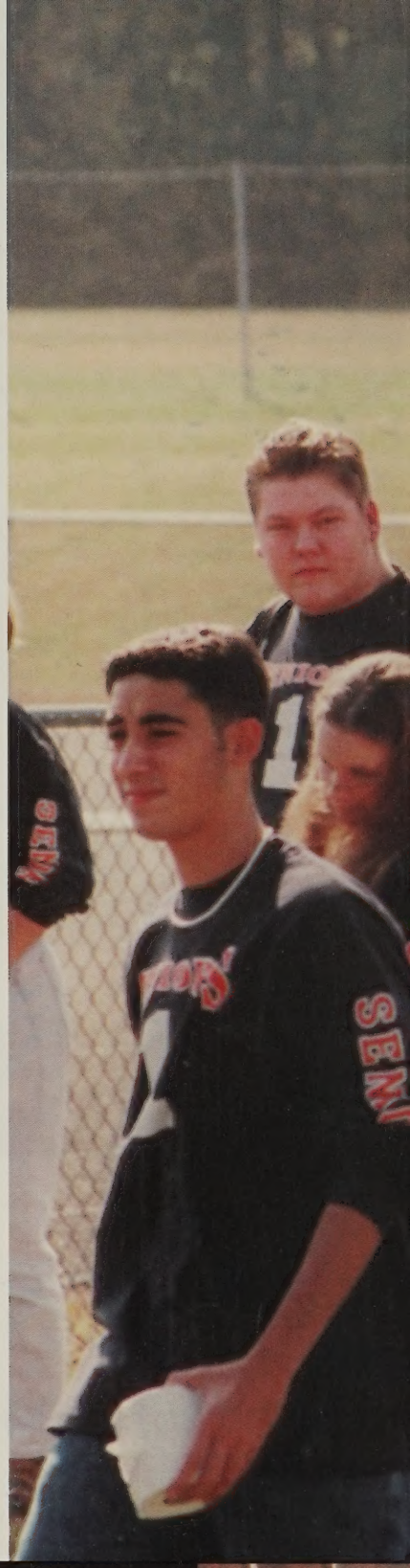
There's No WRONG WAY

This year marked North Stafford's twentieth birthday. Some new additions occurred during the birthday year, such as adding navy blue to the school colors, the arrival of Mr. Stemple, and observing the moment of silence. By adding navy blue, students had an easier time finding things to wear on Spirit Days. Mr. Stemple replaced Mr. Johnson when he left for another position. The moment of silence could be used for anything students desired, as long as they remained quiet and in their seats.

During the school year, students found their own way to live life. From supporting the sports teams to chilling at a friend's house; from time spent studying to after school activities; from classes taken to the clubs participated in - They realized that in high school, THERE'S NO WRONG WAY.



All Hail the Seniors As the outdoor pep rally started, seniors Kelly Bernier and Jason Cassi make an entrance of their own.

Chow Time Lunch is always a favorite time for students. Sophomore Dezarae Lawlor enjoyed the down time each day.

Patricia Arans

Jacqui Capriglione

Student life. It's the section about you, the student. **There's** no denying the fact that the students seen in the cafeteria were a diverse group. Between the different styles of clothing and the many cliques, it seemed that **no** two students were exactly the same.

The senior powder puff team faced a **wrong** on the football field, losing to the juniors 21-20. Students reminisced about the past and what they wanted to be as children. Gas prices skyrocketed. Advice was given to members of both sexes on the proper **way** to attract the eye of a cute classmate. All in all, the year was one to remember.

Jacqui Capriglione

Ten Weeks OF FREEDOM

Three months every year were set aside for free time. The students spent time on relaxation and sleep. They also used their time to earn a little extra cash or to travel. These weeks made up summer vacation.

Many students found summer vacation a good time to catch up on all the sleep that they missed during the school year. "I spent summer vacation sleeping," sophomore Kevin Myers said.

For those who couldn't relax or sleep, work was always an option. Students held jobs in the hot sun or the cool indoors. Senior Jade Lines said, "Last summer I worked as a lifeguard at Curtis Park."

Students also traveled around the country- from San Diego to New York City. Some took the foreign route and traveled around the world. "I went to Puerto Rico this summer to visit my family and homeland," junior Adriana Lema said.

King's Dominion and Busch Gardens were also student choices for fun and excitement. Other students went to camps for various activities. Junior Christal Haley said, "This summer I went to Centrifuge."

Teachers also spent their time wisely, teaching summer school, visiting friends and relaxing. Chemistry teacher Mr. Smith didn't get much time to rest. "I taught cheerleading camps all around the country for high school and college cheerleaders."

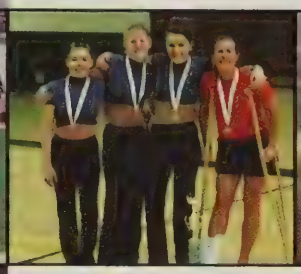
Those ten weeks disappeared quickly, and before the students knew it, school had started. This meant the return of quizzes, tests and papers. Soon, the students were wishing for their freedom once again.

-Kristina Arnold

At the Coliseum With her youth group, junior Lauren Riordan visits Rome. She visited all the major and minor basilicas on the ten day trip, including the coliseum.

Photo courtesy Lauren Riordan

Jacqui Capriglione



Leaving Footprints The "classic" summer trip is one to the beach. While there, students got to swim in the ocean and sun bathe.

Photo courtesy Kerri Glaze

Down Under While in Australia over the summer, senior Kerri Glaze spent time with some natives. She also snorkeled in the Great Barrier Reef and saw the Olympic stadium.

Photo courtesy Stacy Way

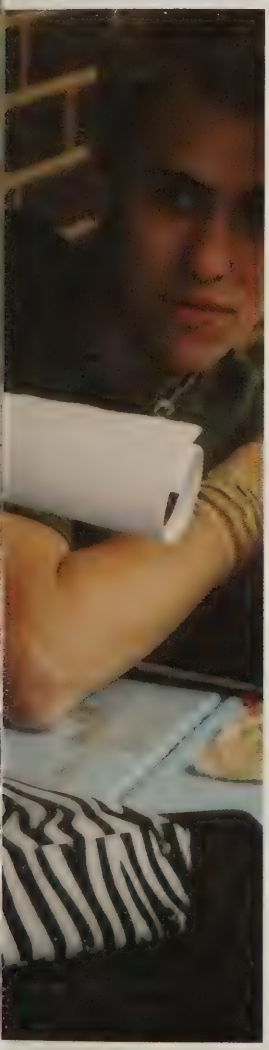
This Old House Mission projects are popular for many students. Impact Virginia was a week-long mission project where students fixed roofs and painted houses like this one.

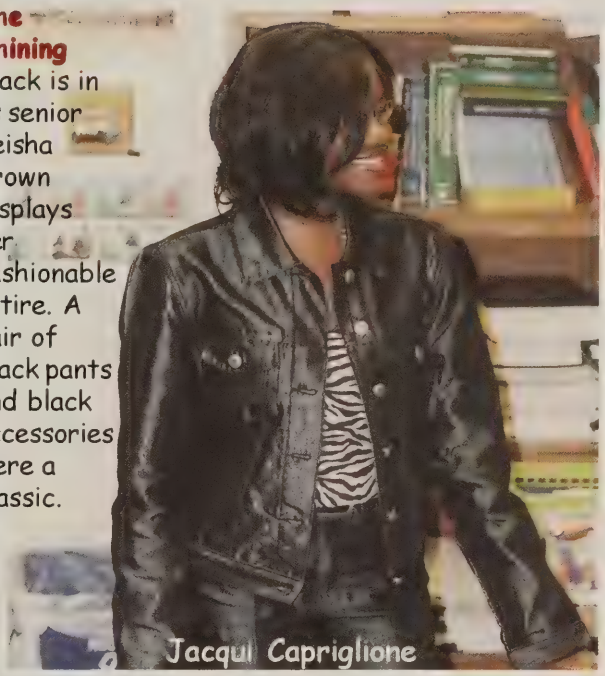
A Plethora of Pants Khakis, jeans, pajama pants...each style was in this year. Freshman Stephanie Leyva shows off her pajama pants.

Animalistic Behavior Sporting a red snake-skin print shirt with a black and white zebra print purse, senior Sannon Donlan shows off her style. Animal prints were popular this year, on accessories or clothing.

Jacqui Capriglione

Jacqui Capriglione




Jacqui Capriglione

The Shining Black is in as senior Keisha Brown displays her fashionable attire. A pair of black pants and black accessories were a classic.

Styles change all the time. Bell bottoms were "groovy" in the '70s, bandanas and short skirts were the thing in the '80s, and just last year, tech vests were popular. So what was hot this year?

Sometimes you could tell what was in style by simply looking for the name on the clothing. "I like Abercrombie," said sophomore David Emison.

Sophomore Katie Donovan liked different brands, "I like the sporty stuff, like Nike and Adidas." Several students also said American Eagle was a hot spot to spend some cash.

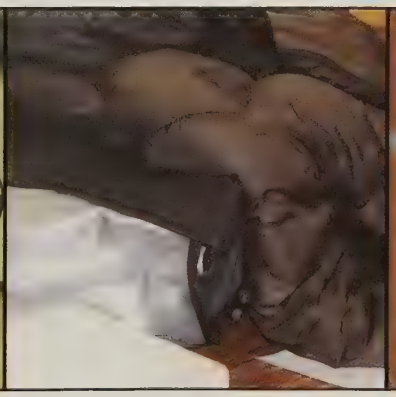
Other students appreciated certain styles more than names. "I like animal print and shiny pants," said freshman Shannon Jones.

Still others went for the styles, but only at certain stores. Sophomore Laura Sullivan said, "I like to Shop at Express and DEB because they have all the new styles of capris and cut off shirts."

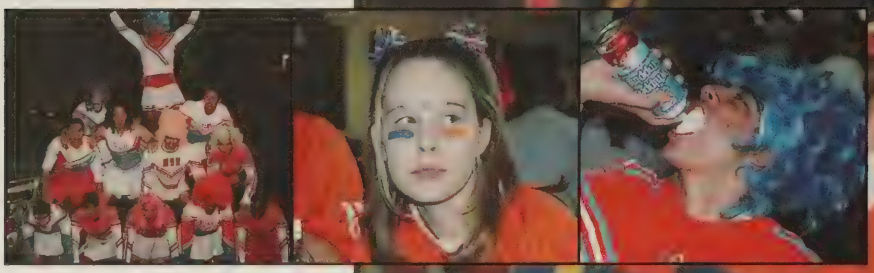
Not everyone appreciated other people's style however, "I think plastic shiny pants are stupid. I like sweaters," said sophomore Sarah Giordano.

Every year something new and "cool" pops up. Next year things will be different than this year. As senior Anya Mason said, "Fashions change from time to time." For this year however, this was what was hot, and what wasn't.

-Sarah Budowle



Pink, 52...Set, Hike! The most intense moment of the Powder Puff game is the snap. The juniors and seniors were always ready.



"It was so fun. I can't wait until I'm on the field and get to play my sister next year." -Amanda Dennis, 10

"I regret that I did not go, but I can't wait to play next year." -Valerie McKenzie, 10

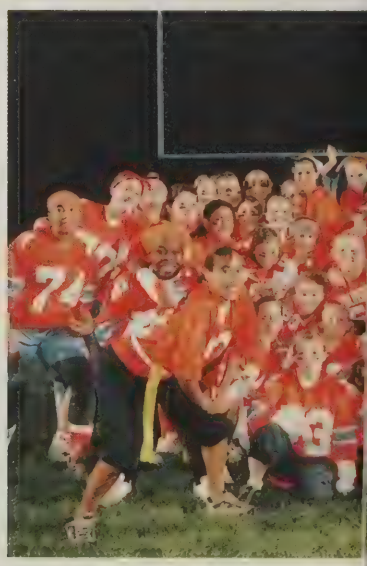
"I'm gonna play next year, and we're gonna kick butt." -Sarah Wistman, 10

"I recorded the game and I could see a lot of spirit between the two teams." -Julie Price, 11

"Since we lost, the only fun part was destroying the juniors with whip cream and honey." -Carrie Gann, 12

"Seniors should have won." -Cassandra Woods, 12

Alright, Juniors! Before the game, the junior team stops for a group picture. The juniors won the Powder Puff game 21-20.



Identity CRISES

What do you get when you have sweaty girls wearing football jerseys and guys in wigs wearing cheerleading uniforms? A Powder Puff football game! This year the unexpected win by the juniors was a close one, but everybody had fun in this game of luck. "I had a blast," said junior Jenn Bennett. "I think my favorite part was bashing the girl out of bounds."

Although there was some disappointment among the seniors, and the students in general, it was quite an exciting victory for the junior class. They had good plays and were hyped up, but the seniors were too.

The cheerleaders have always been a highlight of the powder puff games. This past year they were good at the gymnastics and stunts. "I thought the cheerleaders were very sexy and their stunting was awesome," said sophomore Becca Williamson.

The senior cheerleaders of this school year will always be remembered for one thing though. "That thong, tha-thong, thong, thong." "The best thing they did was wear a thong outside their shorts all day long," said senior Tara Stafford.

This close game of offense and defense between the junior and senior girls was intense, with a final score of 21-20. They played one of the closest powder puff games yet.

-Christina Sevens

Alberto Medina

Alberto Medina

Alberto Medina

Alright, Seniors! The senior team was a big one this year. Before the game, the seniors get pumped up and pose for a picture.

Helmet Head As the seniors enter the outdoor pep rally, Mike Johnson and Rachael Amos show off their spirit.

"School spirit day was my favorite because you aren't confined to hat day or farmer brown day, you can go all out." -Eric Lugg, 10

"Spirit week was fun." -Blake Gauthier, 12

"I think Spirit Day is a time when you can dress wild and be crazy with your best friends." -Deon Loucks, 10

"The music at lunch is my favorite, I love that." -Valerie McKenzie, 10

"Spirit week was great but we shouldn't have one (pep rally) outside again; we can honor the band in their own assembly" -Amanda Dennis, 10

"I thought spirit week was silly because there were so many rules against what we couldn't do or wear." -Julie Oakes, 11

Wacky Wednesday Was it the eighties again? No, it's just seniors Lauren Boatwright and Wajoli Ward dressing in some crazy clothes for Wacky Wednesday.

Jacqui Capriglione

Show SOME SPIRIT

For many people spirit week is an outlet for them to express themselves in different ways. Many students who would regularly not go all out, found they wanted to during spirit week festivities. "I think spirit week is the most fun week of the year," said senior Rachael Budowle.

Monday was College Day. Students wore clothes with college logos. Tuesday was Farmer Brown Day. Overalls and freckled faces were scattered throughout the school. Flannel shirts were also common. People even went so far as to bring in gardening tools just to make outfits complete. "Farmer Brown Day is fun because you don't have to worry about looking nice. You can just come in overalls and a flannel shirt," said sophomore Amber Burke.

Wednesday was Wacky Backwards Day as students came to school with their clothes turned inside out and backwards. Some students just dressed up to look crazy.

Thursday was chosen to be class Kool-Aid Day. This was a day when each of the classes wore different colors. Seniors wore blue, juniors wore red, sophomores dressed in yellow and freshmen were adorned in green.

The week ended with Spirit Day on Friday. This day turned out to be the most spirited day of all. Students came to school wearing everything from wigs, to face paint, to thirty year old baseball warm-up shorts. Girls outfits were covered in different colors of glitter to make themselves more spirited. "I think Spirit Day is a time when you can dress wild and be crazy with your best friends," said sophomore Deon Loucks.

The grand finale of Spirit Week was the pep rally on the football field. "The pep rally energized us for the big game and our performance during half-time," said freshman varsity poms dancer Megan Tornai. All this excitement led up to the game and dance.

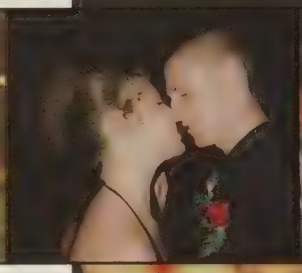
-Drew Cline

Heather Ruth

Jacqui Capriglione

Polka Dots and Orange Pants Underclassmen entered the outdoor pep rally long before the seniors. This spirited junior gets ready to get pumped up for the homecoming game.

Half-Time Huddle The homecoming game was a thrilling victory again this year. The final score of the game against James Wood was 42-12.



"I like the dance. It's fun to see everyone dressed up all nice." -Lauren Boatwright, 12

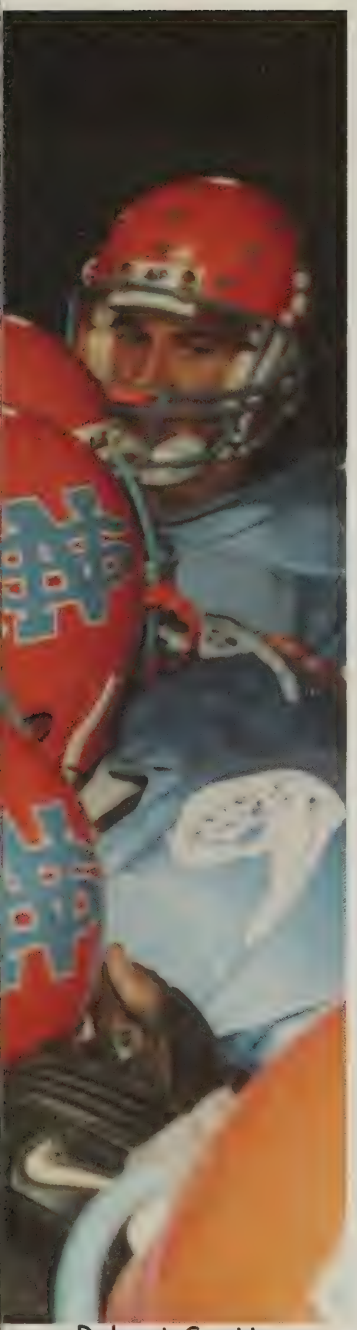
"It took me probably six hours to get ready for homecoming. It always takes longer for girls." -Christina Cube, 10

"Homecoming is a great time to express your wild side." -Jeff Conord, 10

"The best part of Homecoming wasn't even the dance itself. My boyfriend and I went out to dinner and they had a live opera singer singing while we ate - that was so romantic!" -Wendy Nelson, 12

"The dance is okay and all, but it's all the after-parites that make the Homecoming experience so great." -David Layton, 11

Get Down! The theme of the homecoming dance was Underwater Enchantment. Sophomore Micheal Maddox and his date dance the night away in the commons area.



Robert Scott

Underwater ENCHANTMENT

The game. The dance. Together, these two were the body of Homecoming weekend. First, the students went to the Homecoming football game to cheer on their team. They also went to see the floats, and the Homecoming Court parade on the field and around the track. The dance itself was the Saturday night after the Homecoming game.

"Homecoming is a great time to express your wild side," said sophomore Jeff Conord. The dance was held in the commons area of the school. Students were impressed by how the lunchroom was turned from a room of feeding frenzy to an enchanted dance floor.

"I like the dance. It's fun to see everyone dressed up all nice," said senior Lauren Boatwright.

For the girls, the Homecoming dance was more than just eight o'clock to midnight. Many girls spent all day getting ready for the precious four hours to come. For instance, sophomore Christina Kube spent, "probably six hours" preparing herself for the dance.

Some students enjoyed Homecoming for other reasons than the football game or the dance. "The dance is okay and all, but it's all the after-parties that make the Homecoming experience so great," said junior David Layton.

Homecoming will always be a great part of high school, and a great memory for those who look back on their high school years.

-Drew Cline

Heather Ruth

Heather Ruth

Slow Dancin' The homecoming dance is a special night for friends or couples to have fun. Sophomores Carlton Flerlage and Jennifer Van Oort dance together to make the night memorable.

Caitlyn Steining

Sunny Days One thing seniors look forward to is eating in the senior courtyard. These seniors talk about getting out of school over lunch.

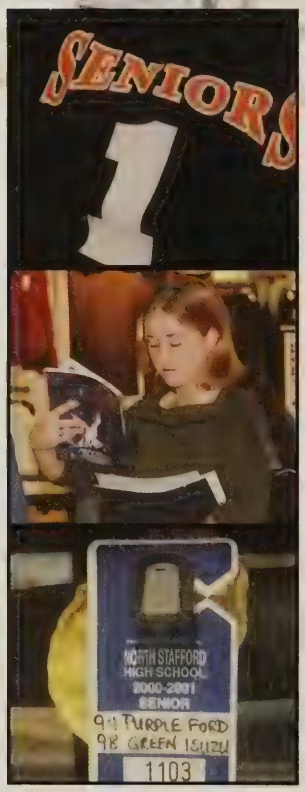
Out and About College choices are important. Seniors Ashley Cox and Shannon Kelley talk about future plans at lunch.

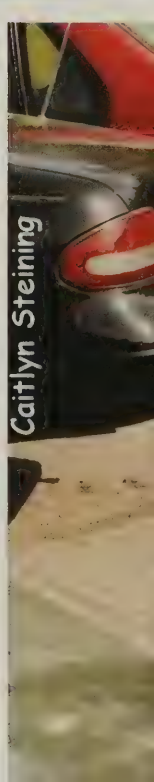
Strange Senioritis Sightings

"So far, I haven't seen anyone with senioritis, but maybe in another week things will be different." -Mrs. Darrough, at the beginning of the year

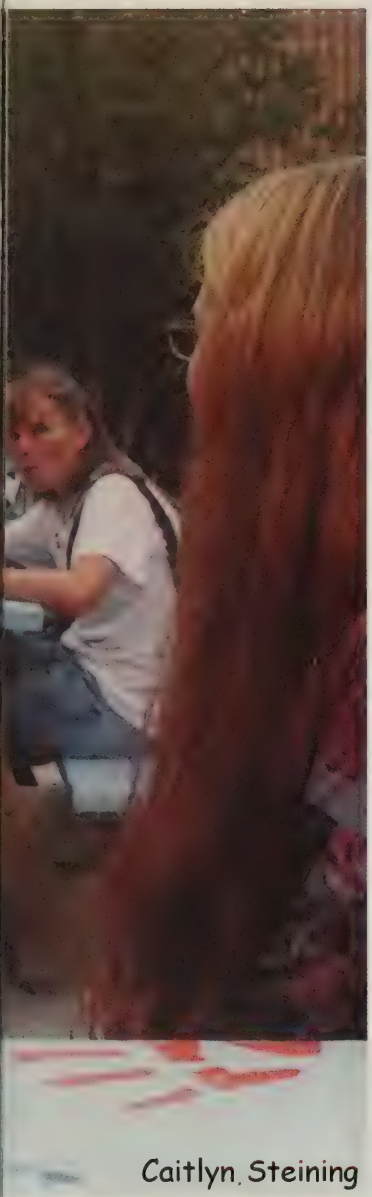
"I already have senioritis, more so than I would have imagined." -Wendy Neslon, 12

"There are some seniors who actually try to avoid senioritis by saying 'I'm not slacking off this year,' but eventually they will stop caring." -Justin Louks, 12





Caitlyn Steining



Caitlyn Steining

The Deadly SENIORITIS BUG

When the class of 2001 returned as seniors, some came with the dedication in mind to do the best they could academically; it was the last chance to bring up their high school GPA. Others came back with the infamous disease, SENOIRITIS. By the time June rolled around, there were very few members of the senior class that were not hit by the bug.

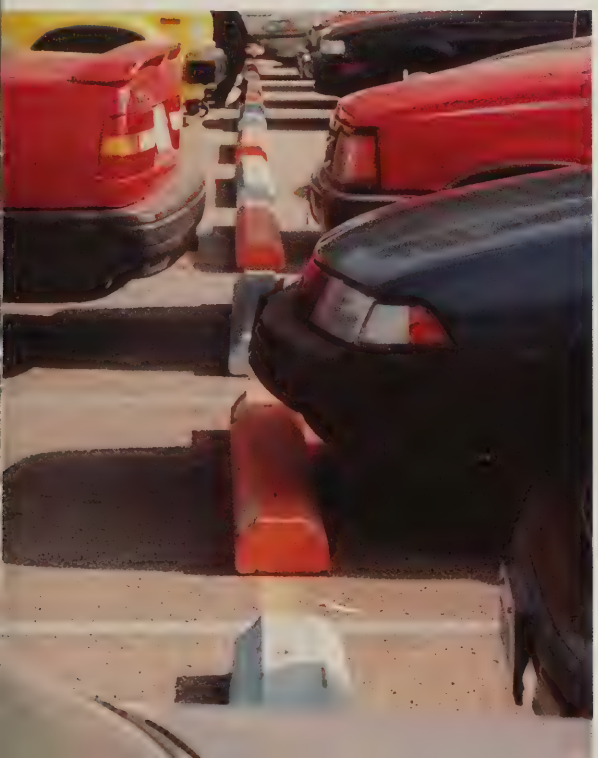
From a teacher's perspective, the senior class had a bad habit of putting academics off until the end, which was dangerous for a senior's graduation day. At the beginning of the school year, English 12 teacher Mrs. Darrough observed, "So far, I haven't seen anyone with senioritis, but maybe in another week things will be different."

Seniors didn't deny senioritis. They knew it was there. "There are some seniors who actually try to avoid senioritis by saying 'I'm not slacking off this year,' but eventually they will stop caring," said senior Justin Louks.

Then there were those who were in the full swing of senioritis by October. "I already have senioritis, more so than I would have imagined," said senior Wendy Neslon at the start of the school year.

As the year went on, seniors tried to avoid it, but senioritis was a very contagious disease that no one wanted, and once they had it, it was hard to get rid of.

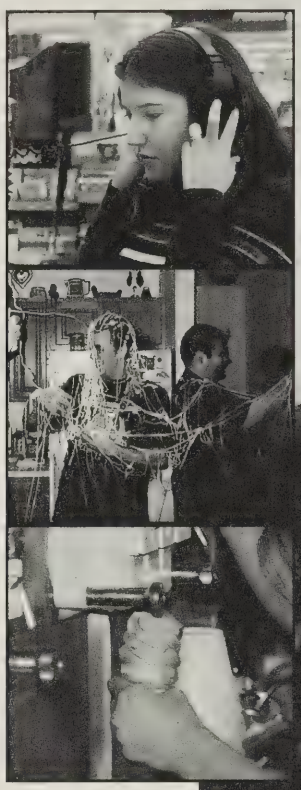
-Emily Kulbeth



Bumper to Bumper Traffic after school is always a hassle to drive in. Seniors enjoyed special parking places so they could leave easier after school.

Heel Clickers Extreme sports are popular among some risky students. Sophomore Cliff Brunue shows off his biking skills by doing a "heel clicker" on his dirtbike.

Photo courtesy Cliff Brunue



Road Trip On some weekends, junior Heather Davis goes on road trips with some friends. On this trip, she traveled through the Shenandoah Mountains.

Jessica Loy

Weekend GETAWAYS

The weekend. Everyone looked forward to those two days of relaxation. "Hakuna matata..." was the motto for students when it came to the weekends.

As far as weekend activities went, some students played sports. "I play baseball and do conditioning," sophomore Deon Loucks said.

Most students tried to do stuff with their friends because they didn't get to hang out with them enough during the week. "I go to the movies, go skating and just hang out with my friends," junior Eileen Calvo said.

On the other hand the weekend was the only time when some people could work or spend time doing their favorite activities. Senior Jessica Garza said, " All I do is work and play my guitar."

Contrary to popular belief, teachers didn't just spend the weekend grading papers. English teacher Bobbie McElfish devoted her weekends "strictly to family time."

Some of us tried to catch up on needed sleep. "My friend and I sleep all day because we've had a busy week in school," senior Tannica Lugg said.

"I try to have as much fun as I can in the little time that we have," said senior Thomas Bell. Whatever students did on the weekends to unwind from a long week of school, it usually turned out to be a lot of fun.

-Valene Evans

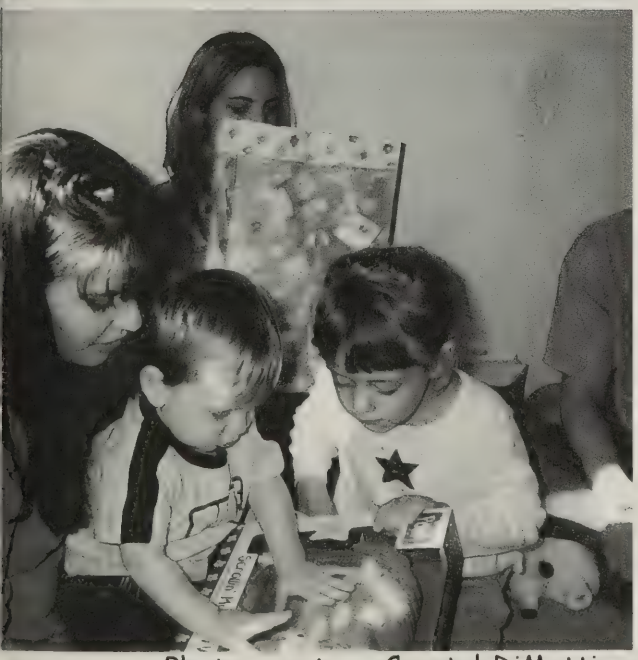


Photo courtesy Crystal DiMattina

Pooh Bear! The weekend is the only time when senior Crystal DiMattina can spend time with her baby. She looked forward to this time all year.

Regulate Sleeveless and showing some midriff, senior Jennifer O'Neil shows off the wrong way to follow the dress code.

Jacqui Capriglione

Hats Off, Guys! The football team was allowed to wear hats outside. Hats were against the dress code if worn inside, however.

Innapropriate Slogans? Some clothes are harder to categorize as in or outside the dress code. Junior Anthony Fuhrer has on a Hooters T-shirt and isn't questioned.

Jenn Robinson

Jacqui Capriglione

Smashin' FASHION POLICE

Every day as students got ready for school, they chose an outfit that complied with the dress code. Some students found the dress code okay, while others believed it didn't allow them to be an individual. Junior Raeshella Kohler said, "The way we dress is the way we express ourselves, so we can't express ourselves if we are restricted to what we wear."

One clothing restriction under the dress code applied to girls' skirts, dresses and shorts. These clothing items had to be 6 inches or less above the knee and not too tight. Plus, dresses couldn't reveal the shoulders. Another rule was no shirts could expose any part of the stomach or midriff. "They shouldn't stress so much about the sleeves or how revealing the shorts are," said sophomore Amanda Dennis.

For guys, they had to have shirts that covered their shoulders. Pants couldn't drag or touch the floor and holes above the knees weren't allowed. "I don't like the rule about the pants not dragging because I have pants that cover me, but drag a little on the floor," said junior Kevin Wisener.

Enforcement was more of an issue for the students than the actual dress code. A girl could be wearing a tight skirt one day and get caught, but the next time no one would say anything to her. "If they have a dress code, it should apply to everyone," senior Ashley Duenez said.

"Some people get away with not following it. It's like selective enforcement," senior Stephanie Hom said.

These rules were to be followed everyday, even if some of them didn't make sense to the students. Nonetheless, students just had to follow them.

- Kristina Arnold

Jeremy Crist

Warm and Cozy Sweaters are an excellent example of following the dress code. This junior shows off her sweater as she follows the regulations.

Makin' MINIMUM WAGE

Paychecks. Everybody needed one whether it was to pay for a car, to buy clothes, or to take his or her significant other out on the weekends. But finding the perfect job that paid the perfect amount wasn't as easy as some students thought. According to a poll taken of 150 students, the most popular jobs in Stafford were a lifeguard, cashier/bagger at a grocery store, or a waiter/waitress at a restaurant.

Lifeguarding used to be to be only a summer job, but not anymore. Woodlands pool was open year round. The pay was reasonable, ranging from six to seven dollars an hour. When asked if she liked her boss, junior Kristen Sondermann said, "Yes, he let me have off whenever I wanted." On the other hand, junior John Kingman answered, "No, my brother is my boss."

The second most popular job in Stafford was working at a grocery store. Wages started at about six to eight dollars and hour, plus tips! When asked exactly what teenagers did at a grocery stores, sophomore Ben Casey answered, "I bag items, get carts, sweep, mop, make it look like we have a lot of items in stock."

Another popular job was working as a waitress/waiter in a restaurant. If a student was a waiter or waitress, there was no waiting for paychecks because most of the pay was in tips. In addition, the student would get paid two to three dollars per hour.

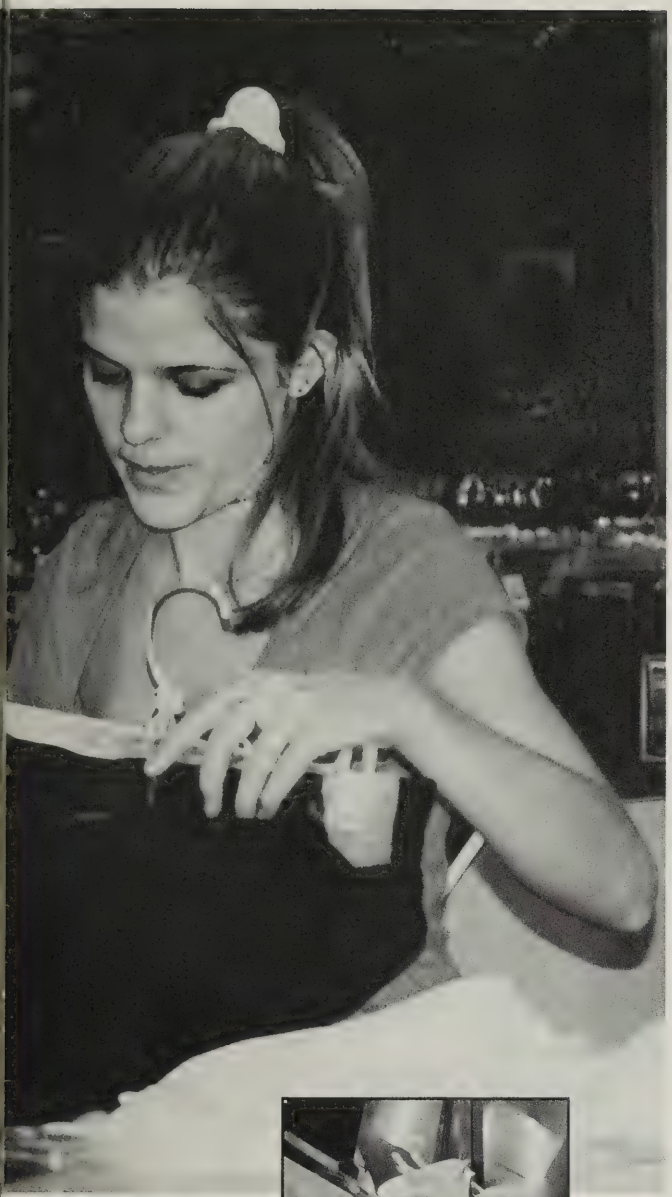
No matter what the students chose to be their jobs, it still gave them a paycheck. Their weekly spending money came from that job whether the students loved or hated it. They stuck with it to earn their spending cash.

-Lauren Ayres

Jacqui Capriglione

Coffee Queen Gargoyles coffe bar is a popular place to work in Stafford. Senior Jennifer O'Neil worked at Gargoyles during the year.

Jacqui Capriglione



May I Help You? Sales always attract more customers. Senior Hillary Wasser rings up a pair of pants at her Peebles job.

Thank You, Come Again Senior Vanessa Reyes sells pies and food at Perkins. Many students found Perkins a good place to work to get cash.

How do you feel about your job?

"I bag items, get carts, sweep, mop, make it look like we have a lot of items in stock. It's easy." -Ben Casey, 10

"Yes I like my boss, he lets me have off whenever I want." -Kristen Sondermann, 11

"I can always give my girlfriend flowers because I work in a flower shop. I like to drive my 'pimp' flower van around." -Blake Gauthier, 12

"No I don't like my boss; my brother is my boss." -John Kingman, 11

Closing REMARKS

As their closing year finally arrived, seniors were filled with mixed emotions about leaving their high school days. Their heads were swimming with the fun times they experienced. These were growing up years, and the seniors definitely did a lot of growing up. The realization on what really mattered in high school had finally hit them.

"Get involved, do your homework, take your SATs, 'cause in the end it's all worth it," said senior Melissa Connors.

Those grades really were important after all, they discovered. And although scholastic aspects of high school were important, so were the choices they made. Senior Chris Bennett advised the underclassmen to "hang out with the right type of people."

Senior Yasin Rahman clearly warns freshman when he yells, "stay out of my way!"

Many seniors had to learn things the hard way. They found that the choices they made in high school could be life changing. Because the seniors had been through it all before, younger students should listen to what they had to say. Yet out of all the advice seniors had to give, the most important is to remember not to take your high school days for granted. Senior Anna Willard advised everyone to "make your senior year the best year, because you will never come back."

-Ashley Hall

Where's the Pool? One of the most popular misconceptions among freshmen is that there is a pool on the third floor. Senior Tanique Rush corrects her freshman friend's belief.

Emily Kulbeth

So, Where Can I Buy an Elevator Key? Some freshmen come to school with ideas of buying keys to restricted areas. Senior Tiara Baldwin sets the record straight.

Emily Kulbeth

Emily Kulbeth

And How About Being Stuffed Into My Locker? While in band one day, this freshman asks senior Sarah Lousman for some advice.

Any Last Words, Seniors?

"Make friends with seniors to get rides to school so you don't have to ride the bus. Also, get out of the way when seniors walk down the hall; they have the right-of-way." -Robbie Sheehan, 12

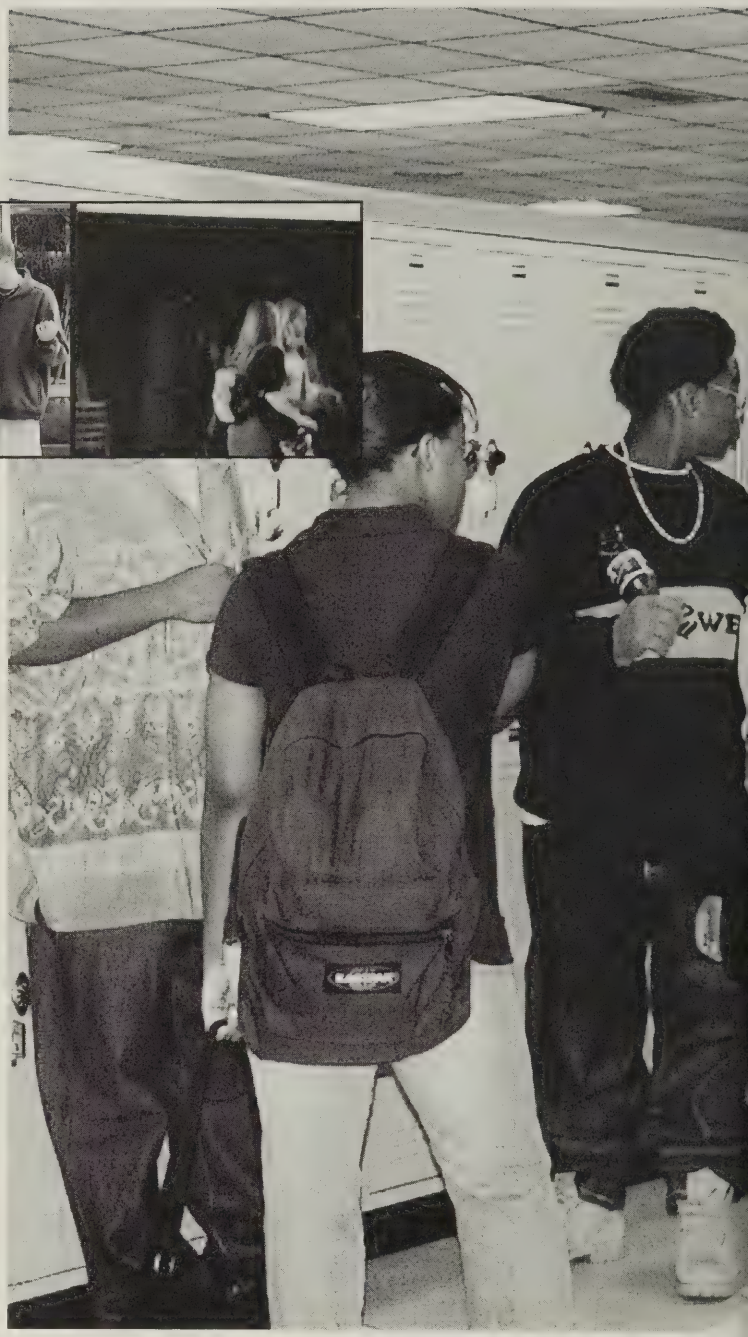
"Don't let upperclassmen boss you around, just know that they rule." -Amanda Burks, 12

"Make your senior year the best year, because you will never come back." -Anna Willard, 12

"Make sure there is no toliet paper on the back of your shoe." -Erin Fitgerald and Courtney Kreft, 12

"Don't act like little kids." -Courtney Geesling, 12

In Between Classes During the break between classes, friends kill some time by hanging out in the locker area and chatting.



What'd You Do Last Night? While waiting for the morning bell to ring, a group of friends discuss plans, past events, and homework not done.

CoCo Walters

What do you think of CLIQUES?

"Every school has cliques; you can't get away from them." -Amy Savarese, 12

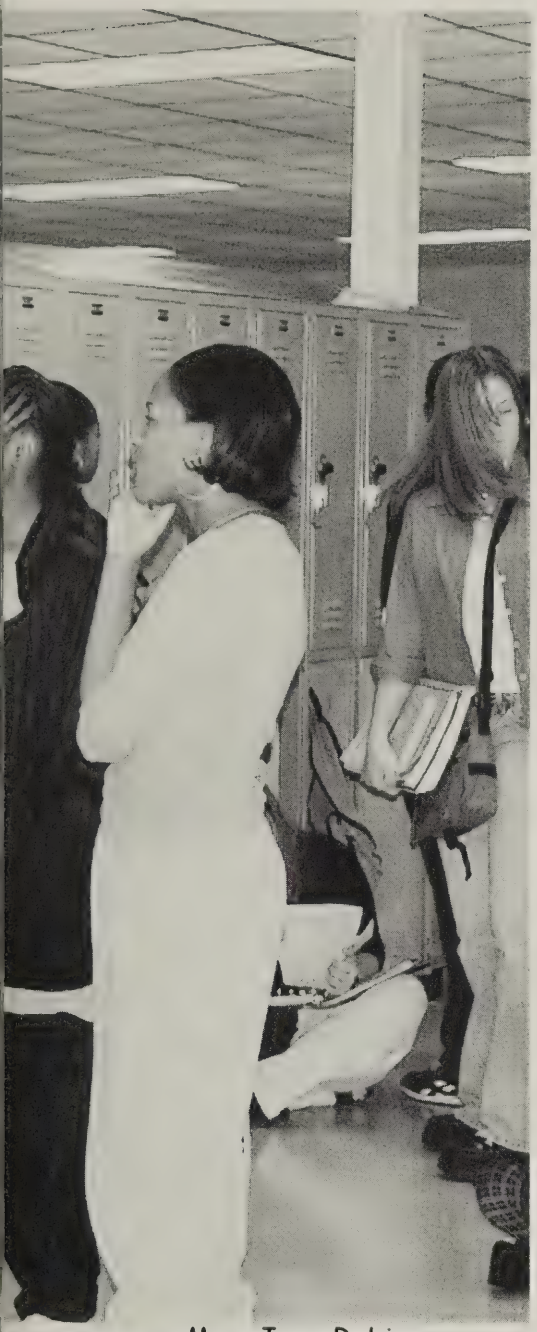
"I think they're a good thing because it's nice being around your best friends." -Krista Olechowicz, 10

"Cliques are based on clothes, friends, and personalities." -Lauren Parker, 12

"There really is no point in having cliques. I've got all different kinds of friends." -Nora Tolbert, 9

"I don't think everyone should be bunched into groups. People should explore outside their cliques." -Latisha Ayers, 9

Cliques: Can't LIVE WITH 'EM...



Mrs. Jenn Robinson

"Every school has cliques; you can't get away from them," said senior Amy Savarese.

Cliques were all around us. If you had a main group of friends, it may have been considered a clique. Certain people liked them and enjoyed being a part of one. "I think they're a good thing because it's nice being around your best friends," said sophomore Krista Olechowicz.

There were various opinions as to why cliques came about, why we had them, and how they were formed. "Cliques are people who just like the same stuff, so they hang out with each other," said sophomore Tommy Davis.

Senior Lauren Parker said, "They're based on clothes, friends, and personalities."

Others however, didn't like the idea of cliques. "There really is no point in having cliques. I've got all different kinds of friends," said freshman Nora Tolbert.

There were students who didn't want to be in one particular clique; they wanted to be friends with people in numerous ones and not base it by what group they were in. "I don't think everyone should be bunched into groups. People should explore outside their cliques," said freshman Latisha Ayers.

No matter if there were cliques or if you were in one, we all had our own friends and personal preferences. Whether you liked them or not, they were a part of life and that's what made high school interesting.

-Megan Bieber

Caitlyn Steining

The Bell Already? At the end of lunch, the seniors leave the courtyard to go back to class. Lunch was a favorite time for cliques to talk and catch up on the day.

Battle OF THE SEXES

It's not all about the girls and the boys anymore. Some kids thought that being in auto body or auto mechanics was just for males and home ec and health care werejust for girls. It's a new millennium. New generations were waking up and seeing that gender didn't matter any more. So move over ladies in the kitchen, the gentlemen are moving in. Guys watch out because the ladies know how to use hammers. Seeing them in action just proved it. Who knows what will become of future generations?

"You learn to cook better. You cook and take notes about cooking. I think it's cool. I get to try different foods," said senior Robert Berry about his home economics class.

"My brothers were in it and they said it was a lot of fun. We learn to fix everything from changing tires and batteries, to taping a car and painting it. I think it is very interesting and I have a feeling it will be very helpful down the road. Everyone has respect for each other and helps each other when they need help. They watch out for each others' safety. It's a very dangerous class," said sophomore Stefanie Simpson in Mr. Sthreshley's class.

"I thought knowing at least basic information about cars would help if I ever broke down on the side of the road or if I had to take a car to the shop. We are learning basic maintenance, safety, and measurements and tools. The teacher and the male students do not bother me about being in a male class," said sophomore Elena Fryer in Auto Mechanics .

"I chose this class because I'm interested in a careers in emergency medicine. We learn about health care careers, anatomy and physiology, and health as some other vocational classes. I don't feel uncomfortable being in this class," said junior Will Weaver about the Foundation of Health Care class he attends.

-Stephanie Fisk

Pump - You Up Weight-lifting is a class usually dominated by guys. Two female students, juniors Katie Duncan and Shauna Wolfe, ask coach Beatty some questions during class.

Jacqui Capriglione

Little Help Here? Drafting is a hard class with complex concepts. Sophomore Jonathan Soulier and junior Lori Utterback help each other out.

Jacqui Capriglione

They Make More Than Benches... Construction takes a lot of concentration. Paying attention in class is a good way to learn the skills. Junior Carly Swanson demonstrated this perfectly in her mostly male class.

Why are you taking THAT class?

"I thought knowing at least basic information about cars would help if I ever broke down on the side of the road or if I had to take a car to the shop. We are learning basic maintenance, safety, and measurements and tools." -Elena Fryer, 10

"You learn to cook better because of the girls. You cook and take notes about cooking. I think it's cool. I get to try different foods." -Robert Berry, 12

"My brothers were in it and they said it was a lot of fun. We learn to fix everything from changing tires and batteries, to taping a car and painting it." -Stephanie Simpson, 10

Around THE WORLD

Every year the school is honored to have new students fill their classrooms, but if the students took a look around they would notice some of the students were not only new to the school, but also new to the country.

Whether the student was from Brazil or Germany, they were both introduced to this environment. "The States are cool, just some stuff is too strict. In Germany you have time to do everything," said senior Aileen Conrad, German exchange student.

One thing students noticed were the different customs. "At lunch and dinner my family would always get together. Also, most people stay at home 'till they get married; and there are just three years of high school," said senior Mirella Pascini, from Brazil.

Not all students traveled from another country to the States. Senior Parry Olmstead lived in Germany for a year. "Germany seemed to be a place where someone could grow up, seemed liked someone could have a future there."

When asked if people treated them differently, Pascini replied, "Yes. In the beginning it was hard because everyone was [a] stranger, but then they became real friendly. Being here I can see my country from a different perspective."

With some advice to other students, Olmstead said, "If anybody has the chance to travel, they should."

-Jen Mitchell

Overseas Back home in Germany, senior Aileen Conrad spends time with her parents. She was not able to see her parents for a year since she came to North Stafford as an exchange student.

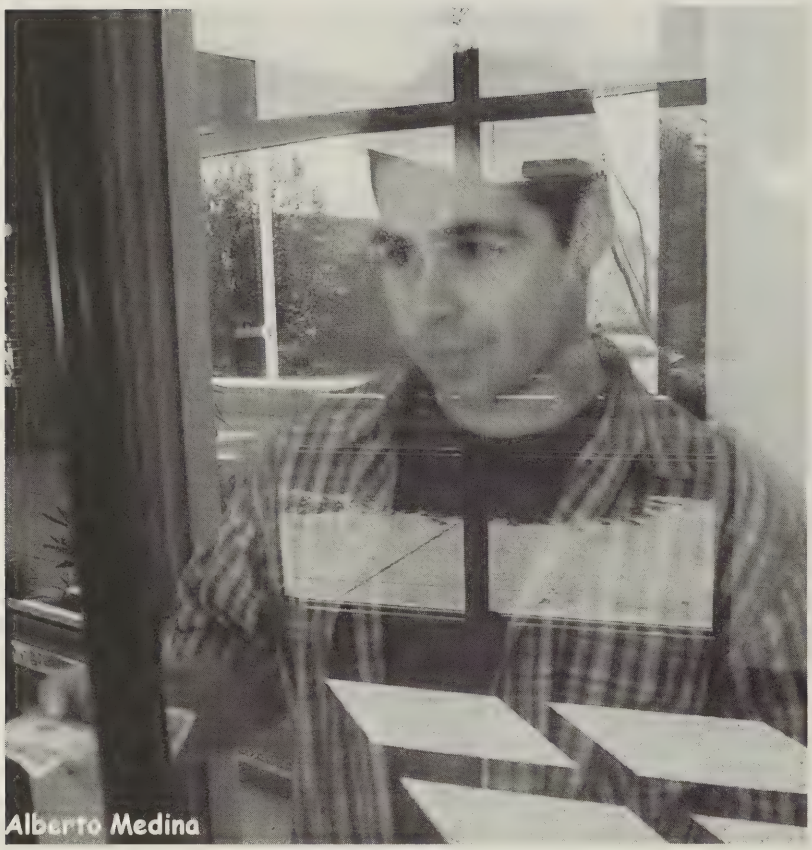
Photo courtesy Aileen Conrad

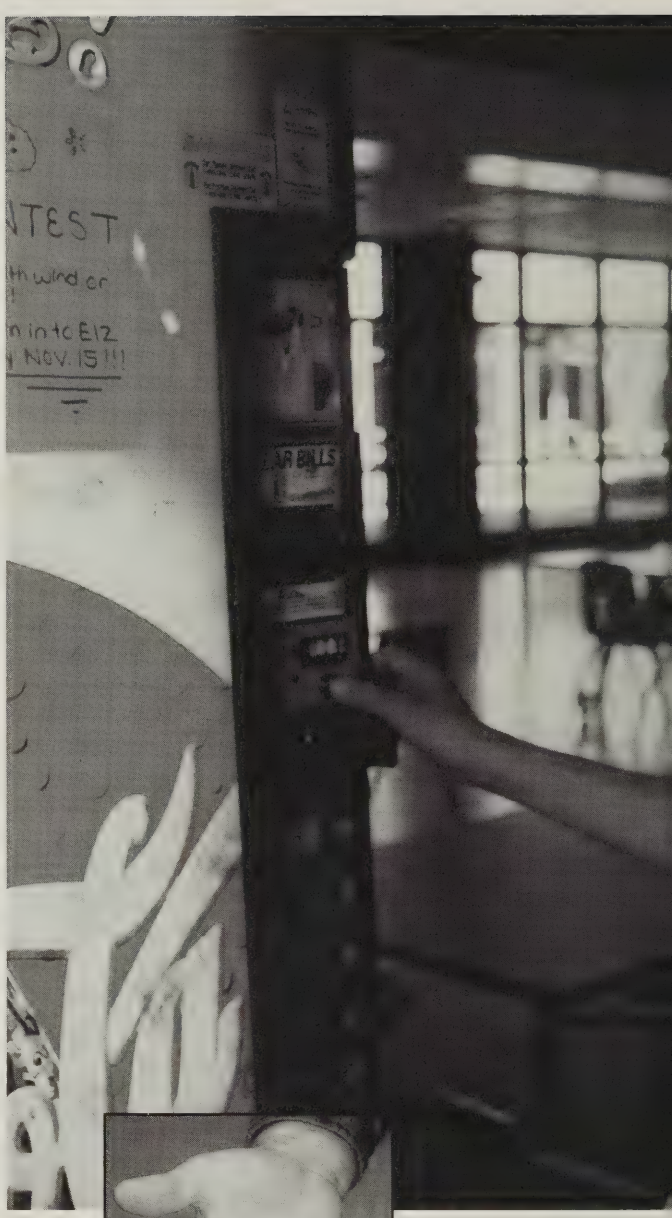
Brazil While in Brazil, senior Mirella Pascini takes a break from school to pose with her friends in their school uniforms.

Photo courtesy Mirella Pascini

Photo courtesy Parry Olmstead

Germany While eating at a cafe in Germany, senior Parry Olmstead poses with his friends.


Alberto Medina



From the Inside... Ever wonder what it looks like from the inside of a vending machine? Senior John Boothe buys a snack from this watchful vending machine.

Thirsty? At lunch, the soda machines are shut off. Sophomore Eric Poorbaugh thinks ahead and buys his before lunch.

How do you feel about the vending machines?

"Your food gets stuck, they take your money, there's never enough of something you want." -Elicia Strawderman, 10

"Vending machines are beneficial for the students who have late lunches, and haven't eaten since they left home at seven in the morning." -Stephen Zaborowski, 11

"I would really like to have Butter Fingers in the veding machines. Even without them, the machines are nice and convenient." -Victoria Walker, 9

"They are never full and need to be fixed." -Eileen Calvo, 11

Alberto Medina

Food FOR THOUGHT

Vending machines made our lives better and improved the outlook of a day. It gave us food or drink to satisfy our cravings. But, why did the prices have to be so high?

Sodas made a major leap from last year's 80 cents to a dollar. "The soda machines are too expensive. They need to be cheaper than a dollar. Seventy-five cents is a good price," sophomore Stephen Hughes said.

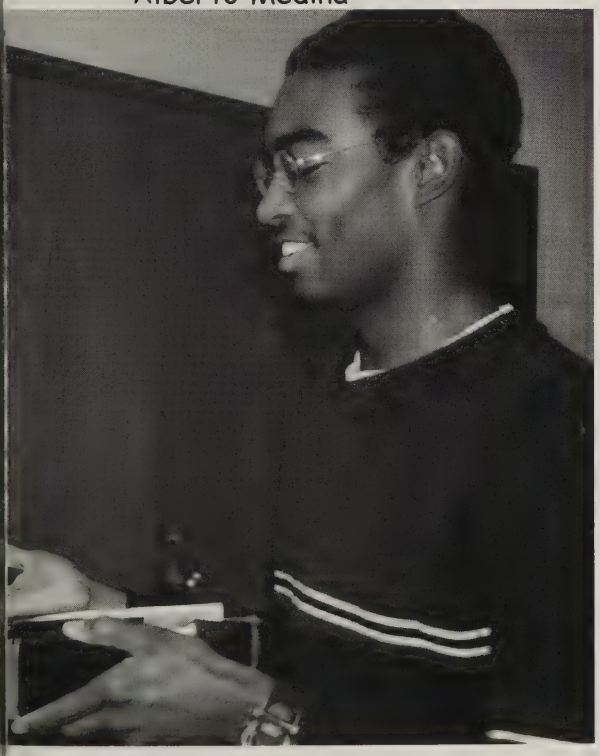
Other highly priced items were the snacks in various vending machines around the school. Prices ranged from 50 cents to a dollar and many could buy the products at a better price somewhere else. Sophomore Becky Varni said,"The prices are a rip off. You can get the same cookies at Wal-Mart for 45 cents and they cost 60 cents here. I only get the food because I am so hungry!"

Not only did the vending machine prices go up, but lunch prices also went up. The $1.35 lunch, which had remained at that price for years, was now $1.45. "It adds up in the long run. A dime a day for five days can get you a snack from the machines," said senior Tara Stafford.

Some students didn't care about the machines or thought they were acceptable the way they were and should be left alone. "They are fine. They are located in convenient places and they serve the hunger purpose," sophomore Casey Middleton said.

The vending machines were part of high school life and made it easier for the students. But, the prices were high and there was a chance they would rise in the future. So, maybe the students should enjoy the prices while they last.

-Kristina Arnold and Christina Stevens



Alberto Medina

A Dollar for This?! The prices of sodas and other vending machine items were raised this year. Many students are appalled at the price of a single Coke.

Where in THE WORLD...

Where in the world have our students lived? From the East to the West coast. From way up north to the deep south. Although students enjoyed dreaming about far-off lands, some have been here in Stafford their entire lives. Senior Erin Ridder said, "I have lived in Stafford my whole life. I was born and raised here. It's really boring, there isn't much to do."

Some students were fortunate enough to be able to live in these far-off places. Three of them were willing to share what their lives were like there. "I moved here from Italy. I lived there for about 4 months. The thing I had to get use to was the language barrier. The people in Italy were really nice. They would invite you in their homes and treat you like part of the family. Italy is the best place to visit," said junior Rachel Sokoly.

From one of the most romantic places on earth to the depths of silicon valley, our students have travelled the world over. "I lived in Monteray, California for about eight months. We would go and feed the seals. We would take walks to the Pierre and ride the Carlisle. Two weeks before I started Kindergarten we moved. Not only did I have to get use to going to school, but also I had to get use to my new house," said sophomore Jenny Villacres.

Starting over and finding your roots is important to students who have made the transition from one place to another. "I lived in Puerto Rico. We would go outside at my grandma's house. We played ring around the rosé and who ever had the most flowers won," said freshman Avierre Tomas.

-Stephanie Fisk

On the Move In 1989, sophomore Jenny Villacres lived in California. She and her family got around in their family van.

Photo courtesy Jenny Villacres

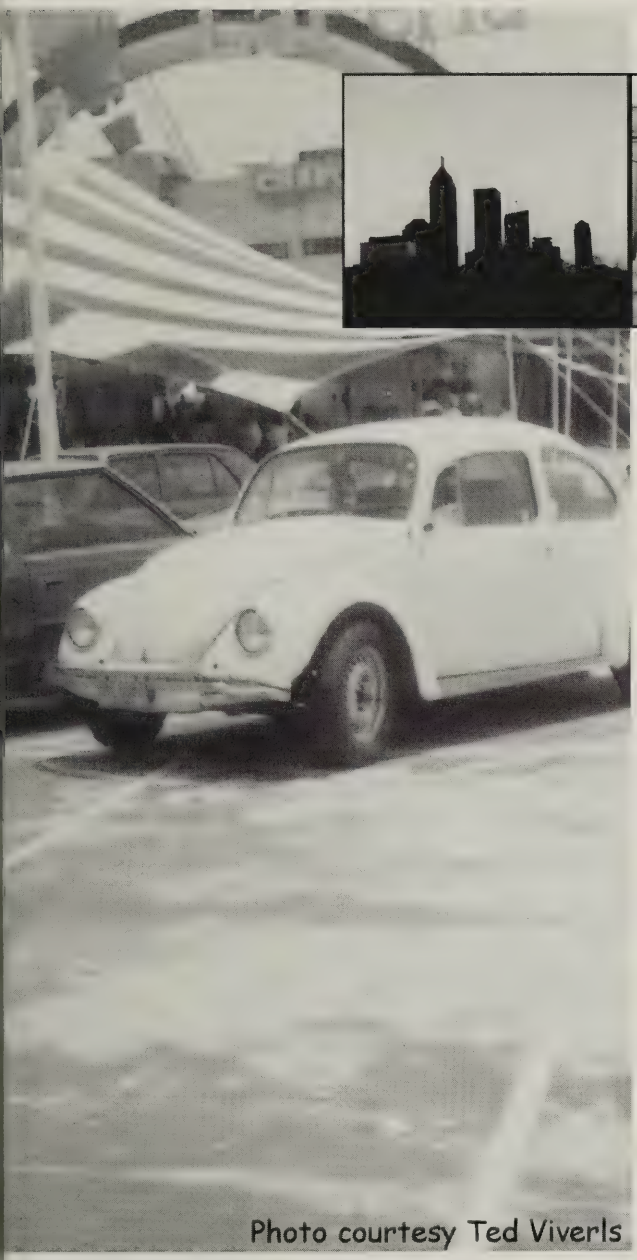
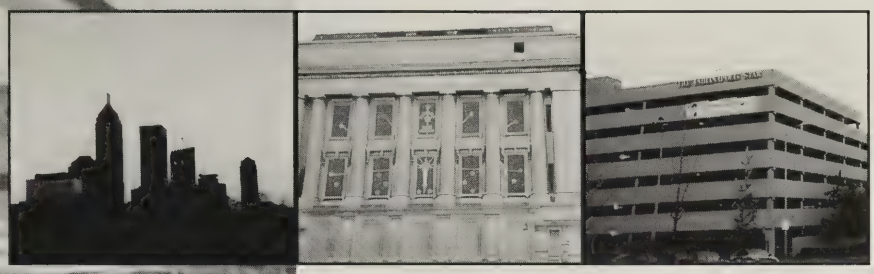


Photo courtesy Ted Viverls



La Feria In Mexico, freshman Ted Veverls visits "la feria" with some of his family. He went there to have some fun and to relax.

Photo courtesy Melissa Torres

Growing Up While in another country, senior Melissa Torres plays with her toys. As a baby, she changed location a lot but stopped moving when she got to Stafford.

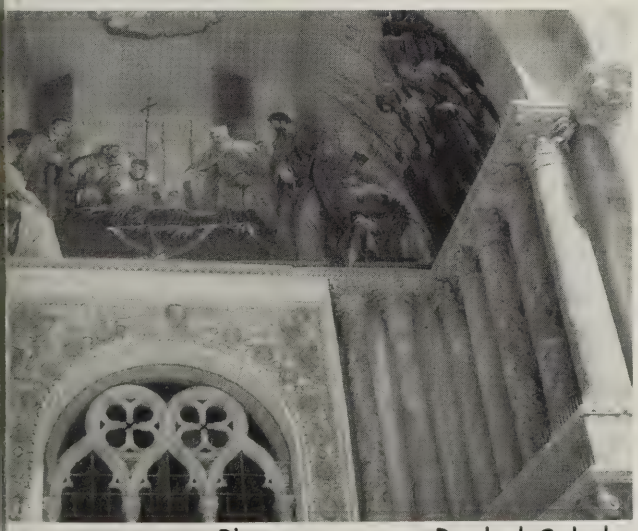


Photo courtesy Rachel Sokoly

Venice, Italy Junior Rachel Sokoly lived in Italy for four months. During that time, she got to visit many tourist spots, such as the Sistine chapel.

Show Those Pearly Whites One thing guys look for in girls is a nice smile. Senior LaToya Gwynn shows off her smile.

What does a guy want, anyway?

"She has to look good, and has to be nice and smart." -Derek Brown, 9

"Personality and looks." -Garison Williams, 10

"Good personality, about my height, and she'd have to put up with me." -James Baker, 11

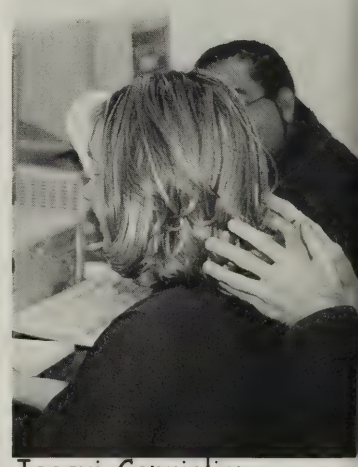
"Someone that can laugh and she'd have to be good looking." -Josh Borrows, 10

"Personality, needs to speak English, and they'd have to smell decent." -Andrew Leyva, 11

"Smart, kind, and nice to other people, even if she doesn't know them." -Sam Pena, 9

"Nice body, nice face and a cute smile." -Ray Griffin, 12

Soft and Shiny... Nice hair is a necesity for girls, according to senior Ben Bohmen. Junior Terra Pelian seems to fit the mold.



Jacqui Capriglione

What a GUY WANTS

Sugar and spice and everything nice that's what girls were made of...but what did guys look for in the girl of their dreams? Whether it was good looks or personality, they were all important qualities to guys. Intelligence, athletic ability, how outgoing the girl was, and how much or little she talked were also important. The female students were made of more than just sugar and spice. Now you can hear what the guys wanted.

"Personality!" was junior Stephen Magee's number one response. Personality could be broken down into several categories: how cheerful she was, how talkative she was, or her sense of humor. However sincere and understanding she was were also two important qualities.

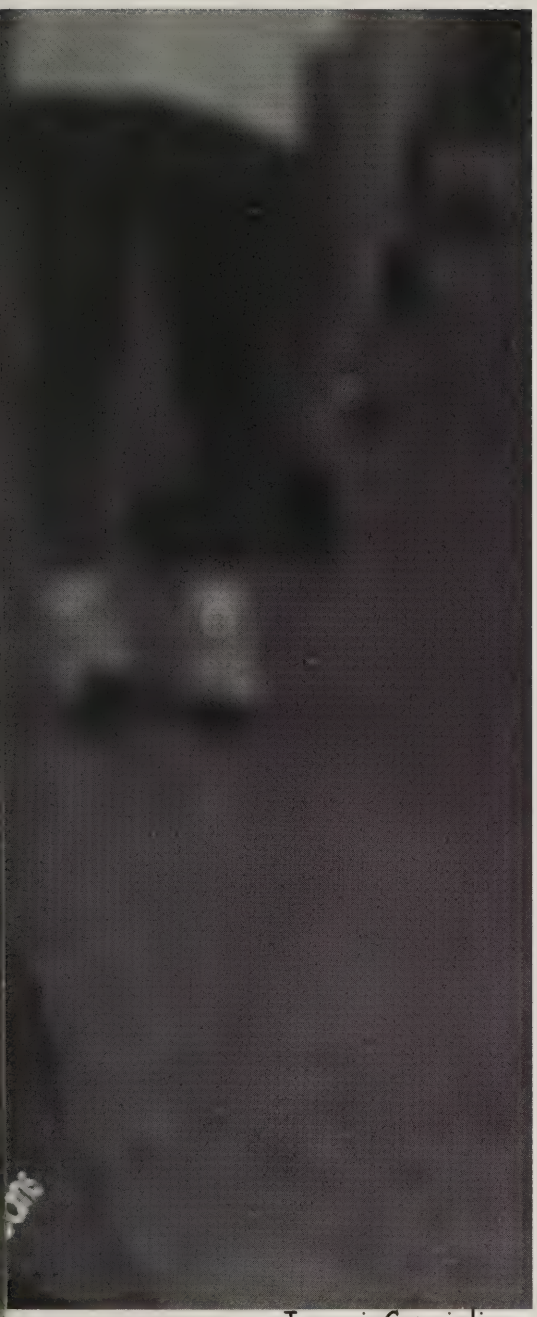
Guys like sophomore Brett Diamond liked "A nice smile and somebody you can talk to about anything." Talkativeness was open for interpretation. For example, it meant not too talkative or, as junior Michael Shantz said, "She has to be able to hold a good conversation."

Guys also admired intelligence in girls. "I like a girl who is intellectually stimulated," said sophomore Eric Lugg.

Whereas, senior Mike Hawkins had his own list: "good morals, a hot body, and money!"

Each guy had different qualities they looked for in a girl. Some things were important and some weren't. Just remember girls aren't always made of sugar and spice and everything nice!

-Christina Stevens



Jacqui Capriglione

Patricia Arans

Study Up Guys want girls that are smart. Studying during lunch helps senior Melissa Connors and junior Melissa Wotherspoon appeal to the fellas.

What a GIRL WANTS

School - where students go to learn about history, English, and... the opposite sex? Yes, the opposite sex is quite a popular subject for students. Walking down the halls of the school, a great deal of gossip could be heard about who liked who, or who rejected who. Though this subject was not lightly stepped on, the girls knew what they wanted, and what they didn't want.

With such a wide variety of fellas to choose from, the girls knew they had room to be picky. Grab a pen and paper, boys, these ladies knew exactly what turned them off. "Somebody who is too into themselves, and if they can't make me laugh," said sophomore Natasha Malik. Senior Ashley Duenez said a turnoff was, "If he smells really bad or if he has really funky breath."

Some girls spent more time looking for what attracted them to guys than what didn't, such as junior Pam Cassell who said, "His charm and his looks, personality is definitely something that attracts me to a guy."

It didn't seem like too hard of a job for guys, but of course it did depend on the girl. Some of them looked for a little more in their man. Senior Ashley Packham said she looked for, "Nice eyes and has to be older, and a guy that can treat me well."

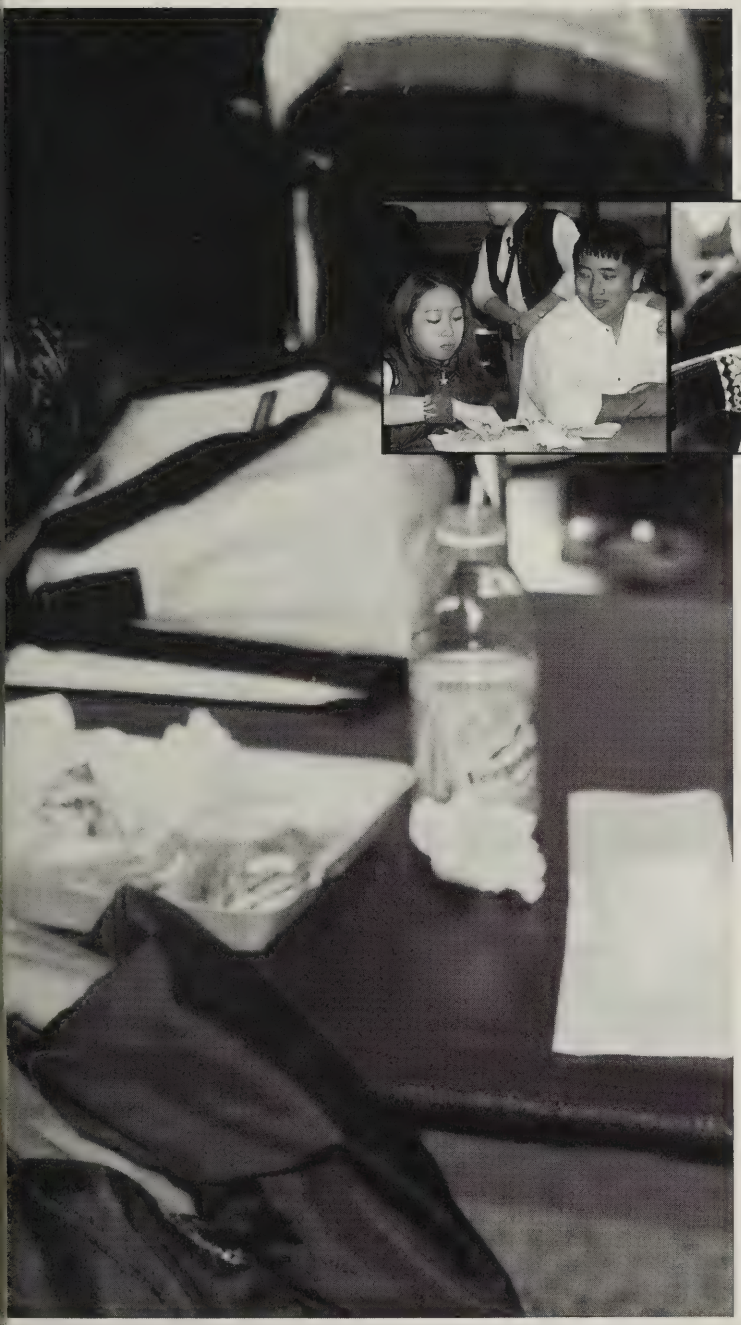
The girls had a clear idea of what turned them on and what turned them off about the opposite sex. And hey, if the gals couldn't find Mr. Right, right away, give it time, it's a big school.

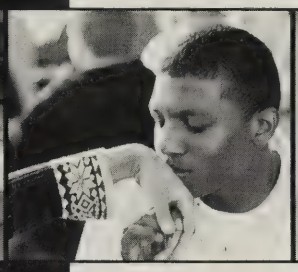
- Jen Mitchell

Kristina Palangi

PDA!! Holding hands, sophomores Kyle McClaird and Kayleigh Jones spend time together. Lunch was a good time for many couples to catch up on the day.

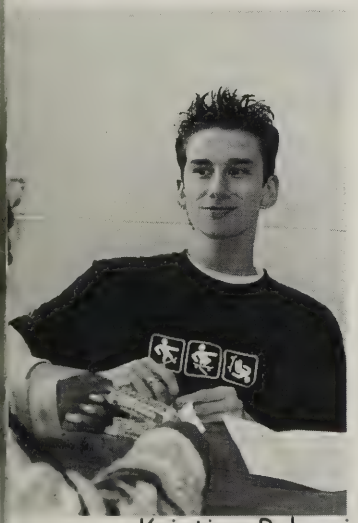
Kristina Palangi





Just Friends During lunch one day, seniors Mike Abousaleh and Kelly Bernier share a laugh. These two have been friends since Bernier moved to Stafford.

Sweet and Sour While in class, sophomore Amanda Elston and her friend share some Starbursts. Similar tastes were important for guys and girls that were interested in eachother.



Kristina Palangi

What does a girl want, anyway?

"Anyone that looks like John Travolta." - Jaci Wasek, 9

"Good looks, personality and are smart!" -Teara Baldwin, 12

"Definately eyes and if they are funny or not and big muscles." - Katie Quinton, 9

"Someone understanding, friendly, and of course good looks." - Cindy Schweer, 10

"Good looks and personality." - Ashleigh McClure, 10

"Someone nice and cute with a sense of humor, is a good dresser, sweet, honest and won't cheat." - Elizabeth Franklin, 9

When I GROW UP

Childhoods were filled with days of playing and pretending to be whatever you wanted to be. The possibilities were endless and no one dared to break the imagination bubble to focus on reality. Then these dreams developed, and goals formed for the future.

From actresses to policemen, anything was possible. Some aimed for fame and fortune while others wished to change the world. "I wanted to be a fire fighter so I could ride around in the red truck," sophomore Alejandro Medina said.

Characteristics, rather than professions, were other motives. Some wanted to be smart and handsome or tall and a genius. "I wanted to be tall because I was short and got beat up a lot," senior Courtney Kreft said.

Teachers and administrators were children once and had dreams of their own. "I wanted to be a cowgirl because I liked horses and I could never own one," English teacher Mrs. Norton said.

Secretary Mrs. Payne's dream involved the armed forces. "I wanted to join the women's Navy because my dad was in the Navy."

The dream was still alive as some students planned for the future and wished to become what they wanted to be as a child. "As a child, I wanted to be a cardiologist because I was fascinated by it. I still want to be one," senior Teara Baldwin said.

Eventually, students grew up and focused on school and their education. Playtime was over and it was time to create real dreams. But, wouldn't it be nice to be a kid again?

-Kristina Arnold

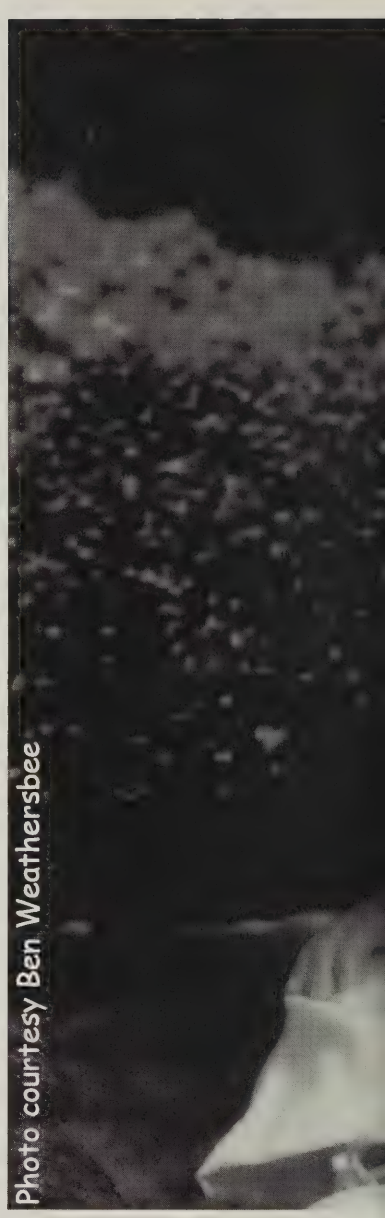


Photo courtesy Ben Weathersbee

Fight that Fire! Some children want to grow up to change the world. Senior Dan McCleese wanted to be a fire-fighter and save lives as a little boy.

Photo courtesy Dan McCleese

Photo courtesy Liz Barret

In the Navy When senior Ben Weathersbee was a baby, he wanted to join the Navy. He now wants to be a marine scientist.

She-Ra! Being superheroes is a fantasy for young kids. Senior Liz Barret wanted to be She-Ra.

What did you want to be?

"When I was five years old, I dreamed of being a doctor or a lawyer. Then my dad told me we had enough lawyers, so be a doctor." -Kirstin Mock, 12

"I wanted to be the first black woman president." -Latisha Ayres, 9

"I wanted to be a vetinarian." -TJ McAdams, 10

" Ever since I was little, I've wanted to be a dancer on Broadway." -Meagan Bressler, 11

"As a child, I dreamed of becoming a famous actress." -Cindy Schweer, 10

$1.43 AND RISING

"Gas prices are outrageous," said junior Andy Elliott. It was a crazy year when it came to gas prices. At the cheapest gas station last year it was only eighty-eight cents per gallon. This year, however, it was a dollar forty-three.

When asked why the prices changed from gas station to gas station, junior Megan Kratzer said, "Location has a big effect. Like if you live in Lake Arrowhead, you're not going to drive all the way to WaWa. You're going to go to the closest gas station."

But would they continue to increase? The student body didn't know for sure. Spanish teacher, Mr. Alekson said, "I don't think they will increase, I believe they have peaked and will stay high but won't increase."

The reason gasoline prices were rising was due to the decline in world production of crude oil and increasing demand among U.S. consumers. The increased demand and decreased production resulted in higher prices for oil, which had been passed on to the consumer in higher gasoline and heating oil prices.

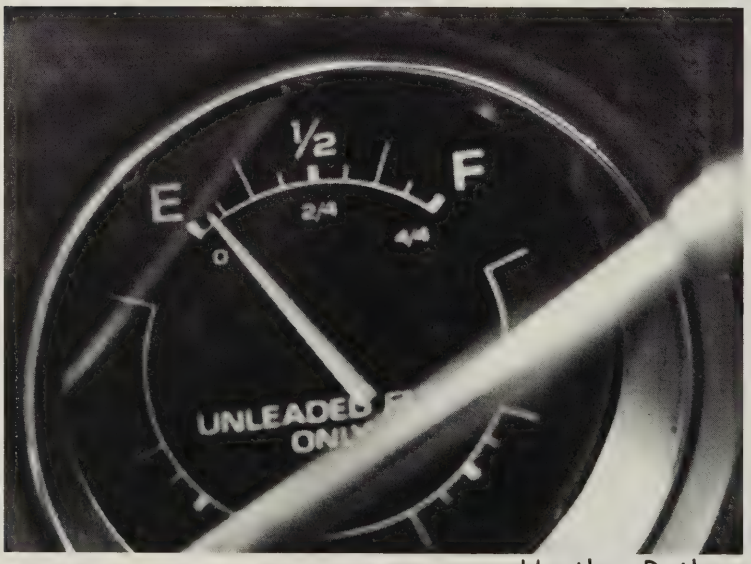
Senior Jonathon Endee disagreed. "It's a conspiracy," he said.

Junior KiKi Harker said, "The most popular and cheapest gas station this year was WaWa," where the average amount to fill a twelve-gallon tank was about fifteen dollars. For students and teachers, this was too high a price to pay. But how else would people get around?

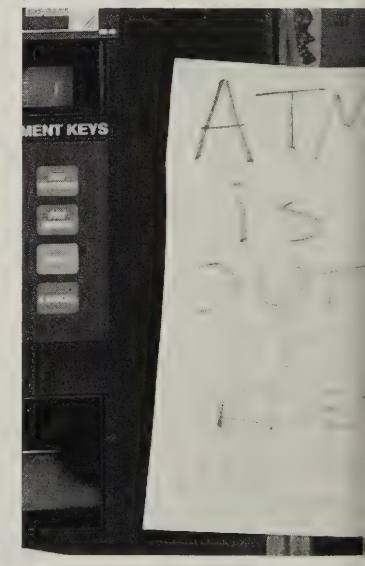
-Lauren Ayres

Heather Ruth

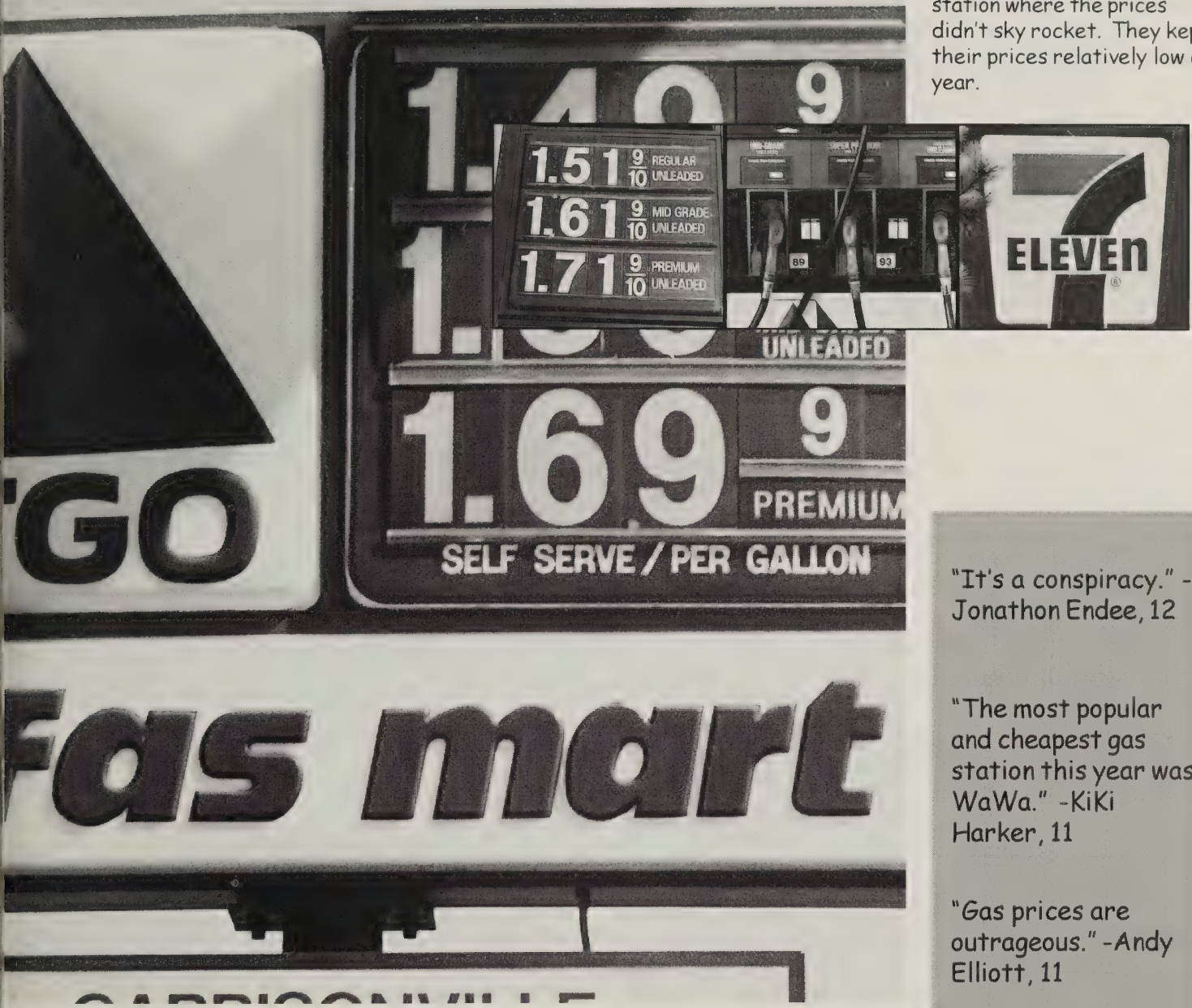
Running on Empty Since the gas prices ran so high this year, some students would let their gas tank run down until empty. Junior Lesley Street said, "With the gas prices the way they are, I can't afford to fill up my tank every week."



Heather Ruth



Prices Rising Citgo is one station where the prices didn't sky rocket. They kept their prices relatively low all year.



"It's a conspiracy." -Jonathon Endee, 12

"The most popular and cheapest gas station this year was WaWa." -KiKi Harker, 11

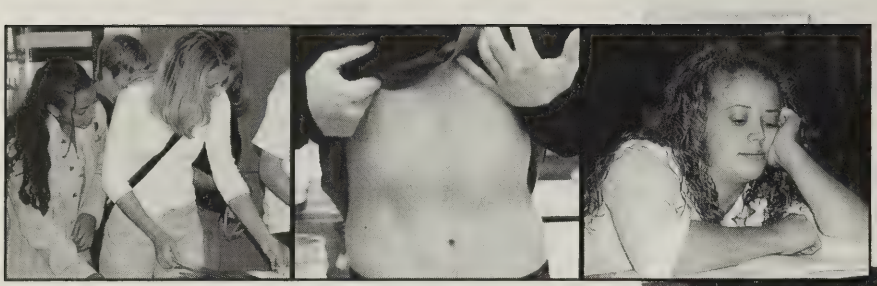
"Gas prices are outrageous." -Andy Elliott, 11

Heather Ruth

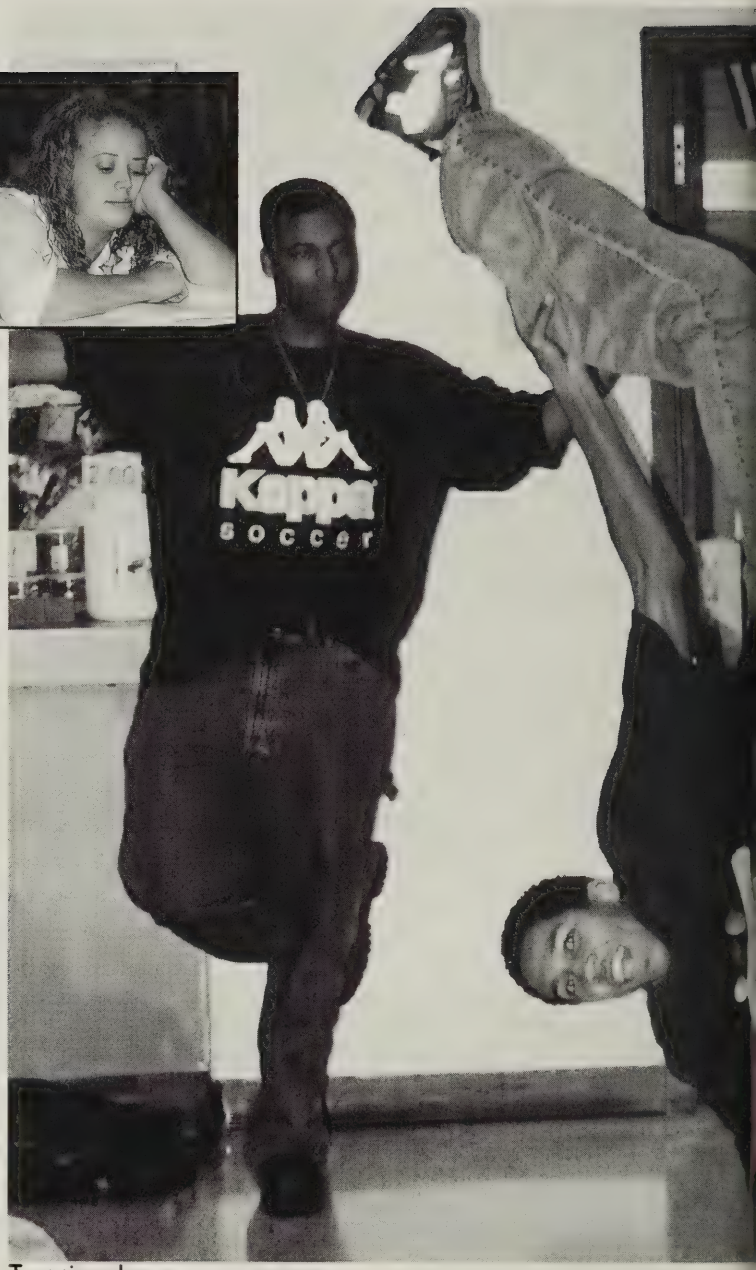
Out of Order? Cash is a problem for most students. When the ATM was out of order, getting money for gas was even more difficult.

"I don't think they will increase, I believe they have peaked and will stay high but won't increase." -Mr. Alekson, Spanish teacher

"Location has a big effect. Like if you live in Lake Arrowhead, you're not going to drive all the way to WaWa. You're going to go to the closest gas station." -Megan Kratzer, 11



Look, One Hand! After being asked what the craziest thing he's ever done was, junior Stacy Durham shows off with the help of junior Mark Mohomad.



Jessica Loy

Jessica Loy

Where Would You Go? After being asked where he would travel if he could, a student points out a place on the globe.

Jessica Loy

How Low Can You Go? Some questions are better answered by showing rather by telling. Senior Charles Nance shows off his talents.

Ten QUESTIONS

There are often off-the-wall questions that don't fit into any specific category. They are inquiries about the inner workings of an individual's mind. These questions were posed to different students selected at random.

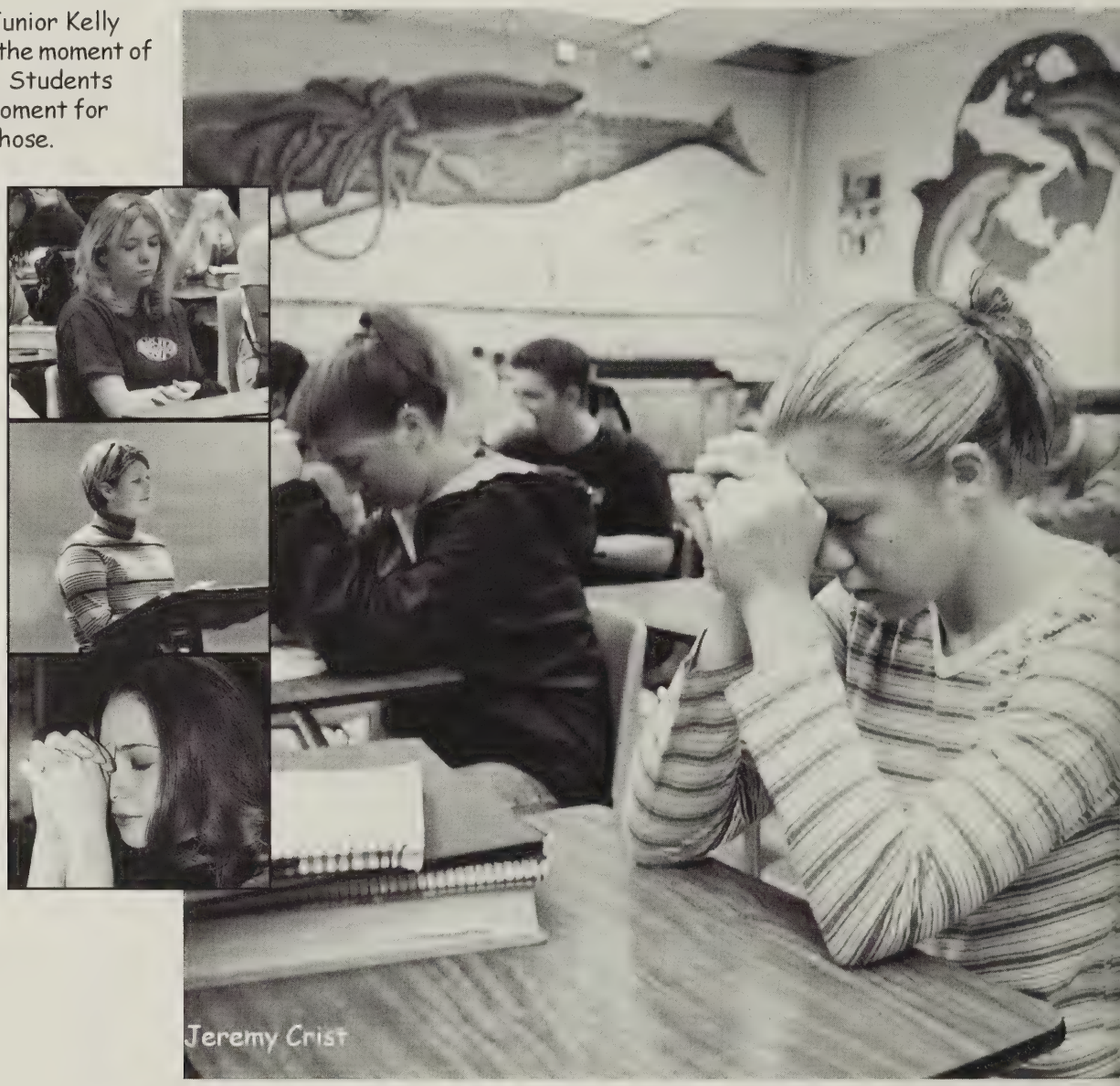
1. What color would you paint the school? "I think that I would like the school dark blue." Melissa Connors, 12
2. What is your favorite book? "The Count of Monte Cristo." Latisha Ayers, 9
3. No arms or no legs? "I would rather have no arms because if I got mad at somebody I could kick them." Anna Willard, 12
4. Airplanes or cars? "I like cars better because you can control the speed." Jamal Nunnery, 11
5. Would you rather have a blue tongue or no fingernails for the rest of your life? "I would rather have a blue tongue because blue is my favorite color." Rachael Merendino, 11
6. What is the stupidest thing that you have ever done? "I went swimming naked." Brian Williams, 11
7. If you could move anywhere in the world, what would it be? "I want to live in Australia. . . no, make that New Zealand. I love to ride horses and New Zealand is full of them." Amanda Dennis, 10
8. Mountains or the sea? "I like the sea because you get to lay out in the sun and get a tan and go in the ocean." Hidi Gibson, 9
9. What college do you want to go to? "One far away." Shara Riesz, 11
10. What is the weirdest thing that you have always wanted to do? "I have always wanted to go to an art museum, lie on the floor and look at the paintings upside down." Valerie McKenzie, 10

-Sarah Budowle

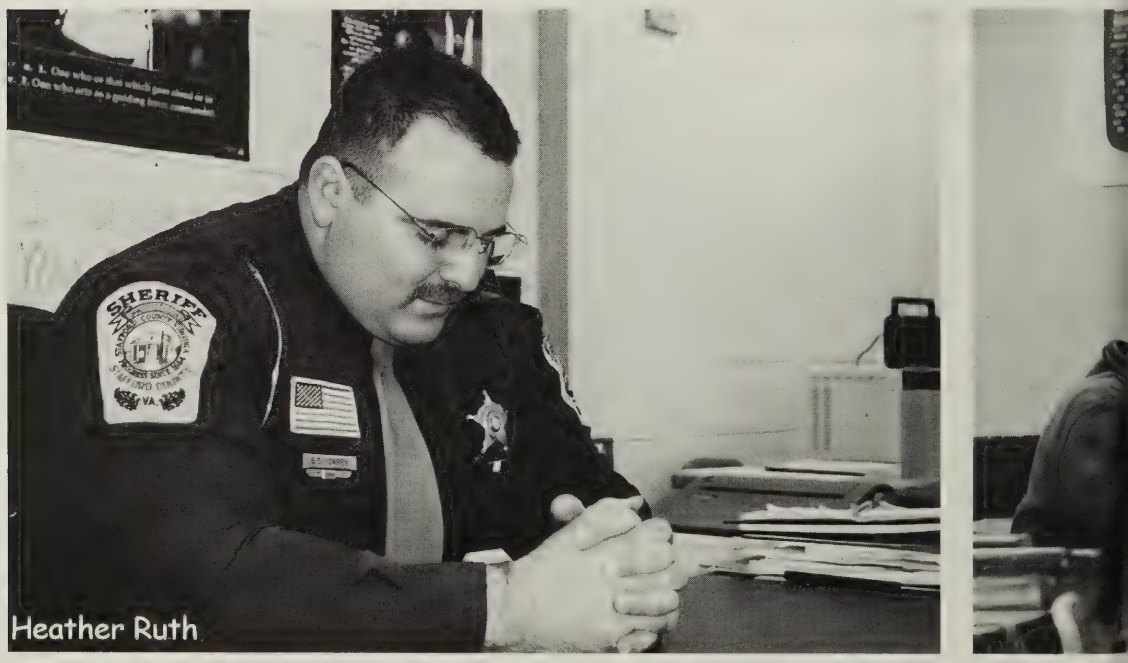
Jessica Loy

Fly or Drive? Senior Jade Lines demonstrates that she likes planes more than cars. Lines enjoyed flying when she could.

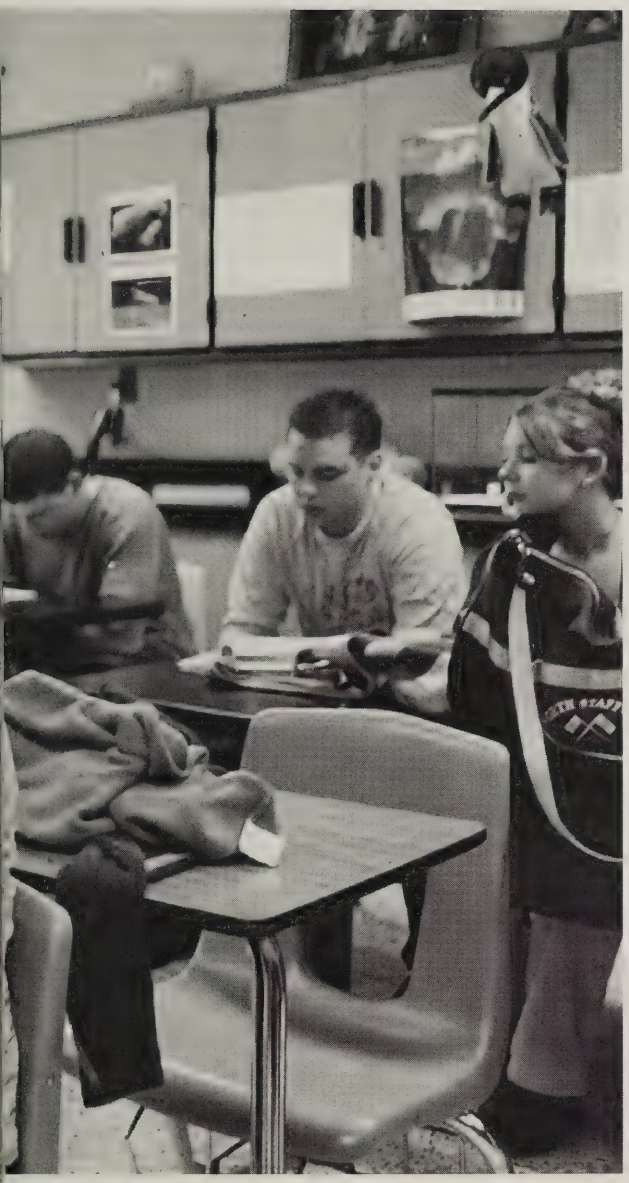
Let us Pray Junior Kelly Hartman takes the moment of silence to pray. Students could use the moment for anything they chose.


Jeremy Crist

Our Father... Deputy Carey prays during the moment of silence. He prayed for the school, teachers, leadership, and students daily.



Heather Ruth



Moment of CONTROVERSY

For many years in Stafford, the usual morning routine consisted of the Pledge of Allegiance, the day's announcements and such. But as of this year, a one-minute period of silence was added.

In many parts of Virginia, such as Fairfax County, there were people putting up a strong fight to make the moment of silence not required. Many said it broke the law of separation of church and state. "For those who use it for religious purposes, it's a good time to pray, for those who don't... it's a good time to finish up homework," said senior Pam Bridenthal.

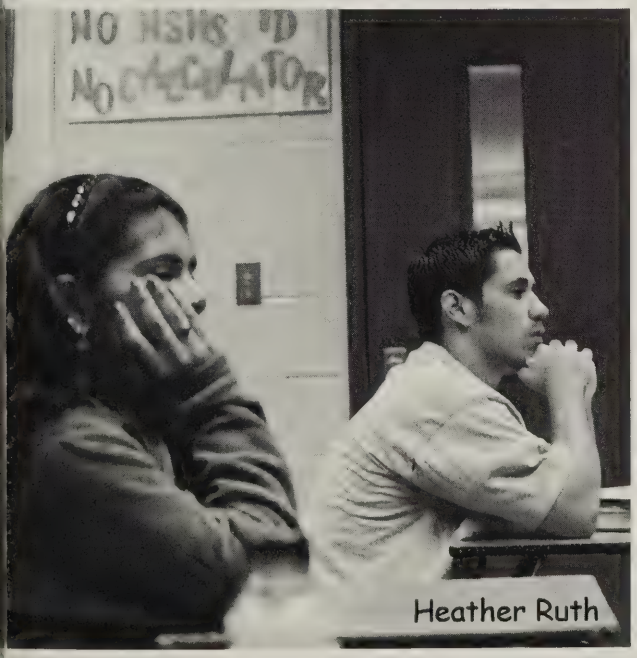
"It gives me an extra 60 seconds to do my homework without noise," said sophomore Katya Brodowski.

But the question was did the moment of silence break the law? "No, I think it gives people time to gather their thoughts... it doesn't hurt anybody," said sophomore Danny Solenz.

Stafford's new morning ritual had many students using this time for a variety of things. "I start out everyday by praying, because without it, my day just seems so sad and blah," said sophomore Candace Walton.

Whether you used this time to study, pray, or just sleep another minute, just be glad that here in Stafford, it was simply a moment of silence, and not a moment of controversy.

- Lindsay Simpson



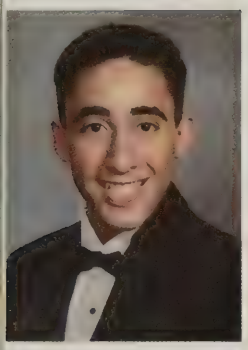
Heather Ruth

Quietly... Juniors Komal Parekh and Spencer Emert sit in their math class during the moment of silence. The required moment didn't prove a problem for most classes this year.

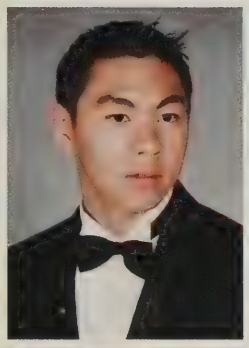
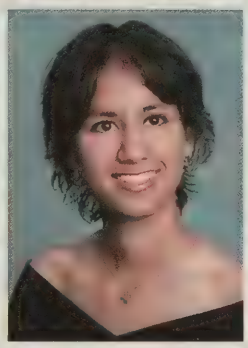
There's enough memories and stories to go around about ourselves, because it's all about us: the people. What we think about ourselves, where we work, and where we play. What we do when we have **no** idea what to do after high school. Our favorite times have been collected over our four year career, when we have spent an insanely **wrong** amount of time at school. There's the seniors leaving their last legacy. The juniors preparing to take over the school The sophomores learning the **way** of the road. The freshmen that have barely begun the rest of their high school career. And then there's the teachers, principals, custodians, secretaries, and security officers who are here year after year. We are what make up this school, it's all about the people.

Caitlyn Steining

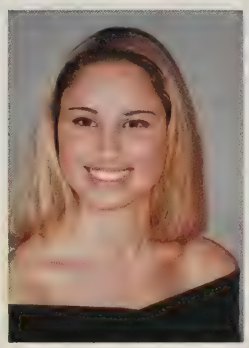
Seniors 2001



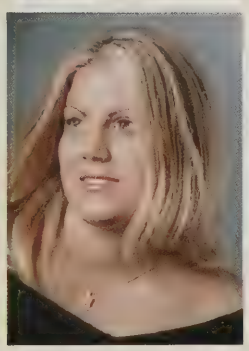
Mazen Abousaleh
FBLA 12, Interact 12, Step Team 9-12 (Captain 11, 12)
Sheena Alderman
Jeremy Aldo
David Allen

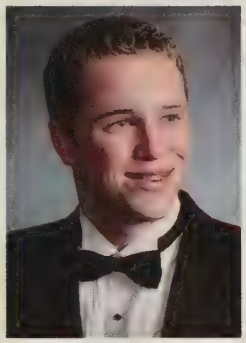



Rachel Amos
FBLA 12, SCA 9, Spanish Club 9-11
Dexter Ang
Academic Team 10-12, Commonwealth Governor's School 10-12, Interact 9, 12, Lacrosse 9 Varsity 10-12, NHS 11, 12 (Tutoring Chairman 12)
Victoria Anker
Cross Country 9, 10, French Club 9, Interact 12, Spring Track 9, 10, 12, Winter Track 9, 10, 12
Billy Archuleta



Yuris Atencio
Wayne Austin
Emily Aviles
Randell Ayers





Martha Ayres
Cross Country 11, Soccer 9, 11
Melissa Ayres
Christopher Baker
Jesse Baker
Cross Country 9-11, Interact 12
JV Soccer 9, 10 Varsity 11
Winter Track 9, 10

I'll always remember that tight circle of friends that I had from my freshman to senior year. It's amazing how close we are after four years.
Jazminia Griffith, 12

My most memorable moment would be dressing up as cheerleader for PowderPuff. Every stunt we did landed someone on the track. Our girls are still the best.
Mike Abousaleh. 12

There's no specific memory I have from high school--it's a collage of thoughts from the past three years. Dances, tennis, spirit weeks, last days of school, and AP field trips with Mr. Palomino. Chelsea McNair, 12

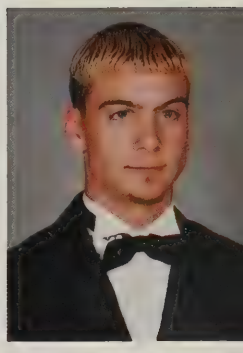
Aaron Balduck

Teara Baldwin

Chorus 11, HOSA 10 (Reporter 10), Women's Ensemble 12

Joshua Banks

Sam Bannister



Elizabeth Barrett

FCA 10-12, Gymnastics 9, 11, 12

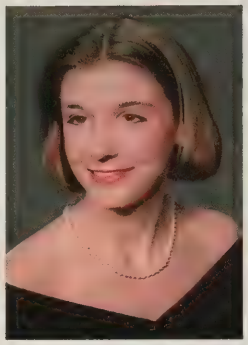
Melissa Barrett

Class Treasurer 10-11, Field Hockey 9,10 Varsity 11, 12, NHS 10-12, Soccer 9, 10

Mary Catherine Bashay

FCCLA 12, Lacrosse 10-12, NAHS 12, Volleyball 11

Colter Bell



Christopher Bennett

Kelly Bernier

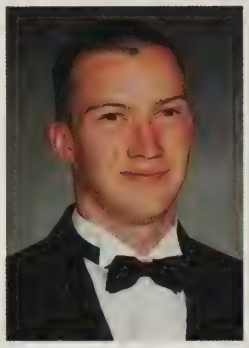
Basketball 10, Field Hockey 10-12, Interact, SADD, Soccer 10, 11

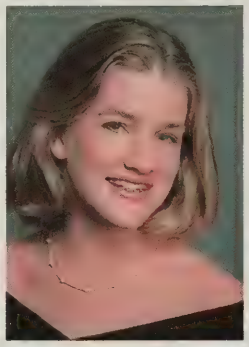
Robert Berry

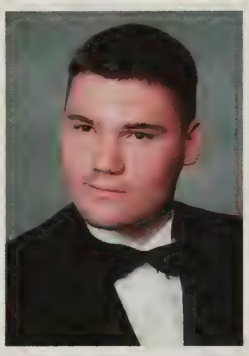
Football 9, 10, Golf 11, 12

Megan Bieber

Athletic Trainer 12, Cross Country 9-12, FCA 9-12, Winter Track 10, 11







Byron Binda

Baseball 9-12

Kacie Binks

Interact 12, Tennis 10-12, Winter Track 11, 12

Aaron Biscombe

Drama 9, 11, 12, Step Team 10, 11

Scott Blankenship

My most memorable moment in high school would be beating Brooke Point in soccer because that was the worst we've ever beat them.

Amanda Jones, 12

My best high school memories were going to all of the Homecoming dances and proms, because my friends and I always had such a great time.

Eddie Larkin, 12

Just being with friends who I have grown up with since elementary school is what I'm going to remember the most about high school.

Amanda Williamson, 12

Looking Back
ONE LAST TIME

Many memories come to mind from our high school years, but which ones will we remember later on?

"My best memory was when Mr. Palomino took everyone to Busch Gardens and D.C. for a field trip... the Marlin Spike," said Senior Carly Hatcher.

Our memories were shaped from assorted school events, activities, and being with our friends.

"I'll remember and miss my field hockey team. We've all grown really close through the years and it'll be hard not seeing them everyday after school," said Senior Paula Constable.

Memories were formed from school events like pep-rallies, spirit week, and powder puff.

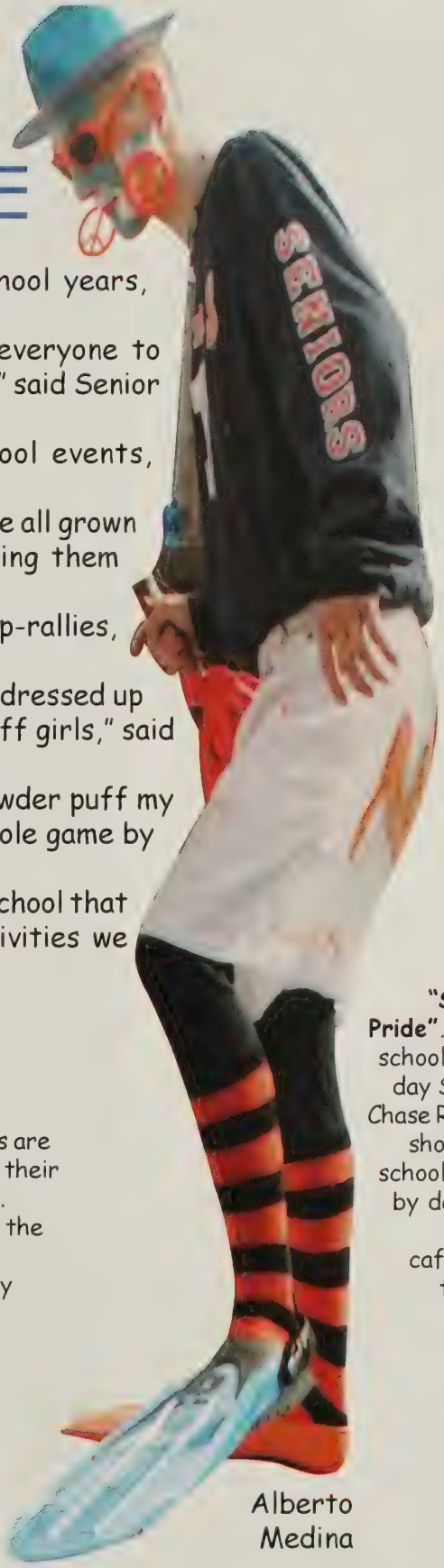
"My most memorable high school moment is when I dressed up as a woman cheerleader to cheer for my senior powder puff girls," said Senior Ben Weathersbee.

Senior Shannon Kelley said, "Mine was watching powder puff my junior year. Our two cheerleaders were attacked the whole game by the senior cheerleaders."

There were many memories made through out high school that will stay with us, all the good times we shared and activities we participated in that made school a little bit better.

-Megan Bieber

Just a little bit of spirit... The seniors are never to shy to show their love for their school. Orange and blue are the popular colors for students on pep rally days.



"Senior Pride"... On school spirit day Senior Chase Rogers shows his school spirit by dancing on the cafeteria tables.

Alberto Medina

Where Will You Be IN TEN YEARS?

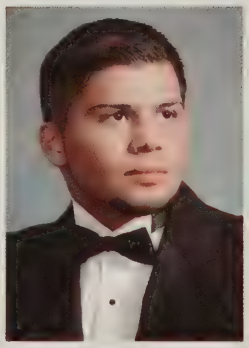
She shoots she scores! Future WNBA star Senior Christina Carmon shoots some hoops in the gym after school. "Ten years from now... I'll be playing in the WNBA," she said. With skills like that, she will go far.

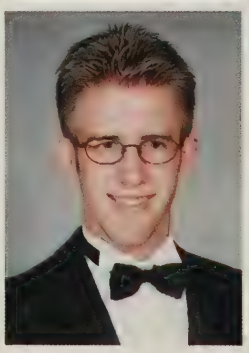
Yearly check ups and shots... These will all be part of senior, Justin Crones career of the future. "I want to be working with kids as a doctor ten years from now," he said. Justin studies a skeleton during human physiology class.

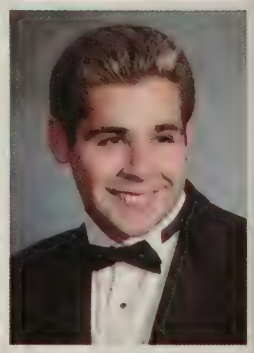
Kids playing and singing... This is all part of senior Melissa Torres's future as a teacher. Melissa took the daycare kids around to all the classrooms during school to sing Halloween songs to the high school students. The childhood development class Melissa took helped her to be better prepared for her future career to come. "I hope to have started a teaching career in ten years," she said.

Amanda N. Blatchford
HOSA 10-12, Interact 10, 12
Lisa Blevins
Seth Alan Davila Blochowitcz
Football 9, Wrestling 9-12
Lauren Boatwright
Class President 9-12
Field Hockey 9-12 (Captain 12)

Cory Boggs
FBLA 12, Lacrosse 9, 10, SCA Representative 12, Wrestling 9
Benjiman Bohman
Marcus Boone
John Boothe
Football 9, 10, Wrestling 9, 10







Molly A. Bostelman
FCA 9-12 (Leader 11, President 12)
SADD 11, Swimming 9-12

Anthony Boswell
Track 9-12

Greg Bray

Pamela Bridenthal
Colorguard 9-12, HOSA 11

Natalie Brito
Interact 10-12 (President 12)
NHS 10-12 (Vice President 12)
Students Serving Stafford 10-12

Cliff Brooks
Baseball 9, 11, 12

Craig Brown

Evan Brown

Keisha Brown
Child Care, FCCLA 10-12 (Officer 11, 12)

Nakita Brown

Rachael Budowle
JV Cheerleading 9, 10 (Co-Captain 10), Class Vice President 9, Interact 12, SADD 12

Charketa Buie
Class Representative 12, Cover to Cover 11, 12
FBLA 12, FCCLA 12, Step Team 9, 10, 12

Nikkida Bundrant
Marching Band 9, 10, Multicultural Club 9
NAHS 12, Step Team 9, 10, 12; Winter Track 9

Amanda Burks
Show Choir 12, Spring Track 9, 12

Kathy Bye
Cross Country 9, FBLA 12, French Club 11, 12, Swimming 9-12, Captian 12, Track 9

Kamal Cannonier

Michael Cappara

Jacqui Capriglione
Debate 10-12, FBLA 9-10, Interact 9-12, NAHS 12, Yearbook 11, 12 (Photography Editor 12)

Christina Carmon
Varsity Basketball 9-12 (Captain 11-12), FCA 10-12, JV Field Hockey 9, Varsity 10, NAHS 9-12, Varsity Track 9-12

Richard Carnicom
Cross Country 11, 12 (Captain 12), Football 9, SADD 12, Spring Track 9-12, Winter Track 10-12

Aimee Carroll
JV Dance Team 9, Interact 9-12
Ameka Carter
Spring Track 9
Kristen Cary
Jason Cassi
Lacrosse 9-12, Lit Mag 10-12

Jonathan Cerny
Cross Country 10-11, Newspaper 12
VICA 11-12
Kandice Chapin
Chorus 9-12, FCCLA 12 (President 12)
Brian Chapman
Newspaper 11, 12 (Sports Editor), Tennis 12
Kristin L. Chase
Cheerleading 10, 11

Marlena Chavez
SADD 9,10, Varsity Soccer 9-12 (Captain 10),
Varsity Softball 9 Varsity Tennis 9-12 (Captain 10)
Peter Chong
Kawanis R. Coffield
Chorale 9, Color Guard 11, 12 (Co Captain 12),
Madrigals 11, 12, Step Team 9-12, Women's,
Ensemble 10-12
Savannah Coffman
FCCLA 12, SADD 11, 12, Softball 9, Yearbook 11

Valerie Coles
HOSA 11-12 (Secretary 11, President 12)
Interact 11, 12 (Secretary 11, 12)
Marching Band 9-12 (Section Leader 11, 12),
SSS 10-12, Wind Ensemble 10-12
Dale Colona
Soccer 10, Wrestling 9
Melissa Connors
Cheerleading 9-12 (Captain 9, 10), FCA 12,
SADD 12
Aileen Conrad

Paula Constable
JV Field Hockey 9, Varsity 10-12 (Captain 12)
Swimming 9
Jennifer Cook
Cosmotology 10-12, FCCLA 11
Jed Cooper
Jesse Corbin
FHA 10

Making an ENTRANCE

Hold still! Senior Melissa Barrett steadies herself to get on senior Anthony Fabre's shoulders, while making sure to get a good view of the pep rally from her friends shoulders. Minutes later she was reprimanded for breaking the new rule that no one is allowed to ride on shoulders.

It's a senior thing-- you wouldn't understand. Before each pep-rally, all of the underclassmen students sat in the bleachers and had to wait for the seniors to make their grand entrance. Seniors lined up and got on each others shoulders to show the underclassmen who was boss.

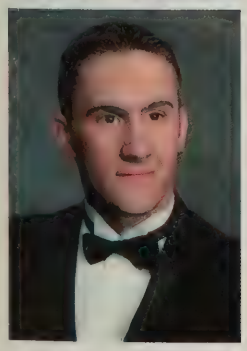
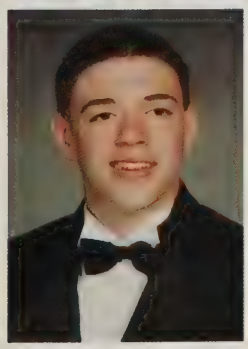
"It's so good to know that you've earned the respect for all the people to get up and clap."
Lauren Boatwright, 12

"It's kind of disappointing that we can't ride on people's shoulders, but it doesn't crush your spirits."
Kyle McAleese, 12

"I like it because all the school is together and stands up for us. It's unity. There are no certain groups."
Melissa Barrett, 12

"It would be better if we were able to ride on people's shoulders, but it's also cool because the crowd cheers for us."
Anthony Fabre, 12

Darrin Coulmbe
John Cowell
Ashley Cox
Jeremy Crist
Lacrosse 9-12
NHS 10-12, Yearbook 10-12 (Sports Editor 11, Production Editor in Chief 12)

Justin Crone
Justin Crum
FBLA 12, Golf 11
Allison Cwick
Marching Band 9-12 (Drum Major 12)
SADD 11, 12
Jacquelyne Dahlkamp

Kyle Dahnert

Heather Davis

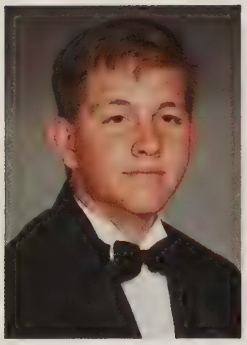
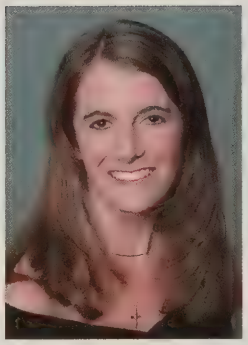
Animal Rights Club 10, Concert Band 9-11
Marching Band 10, 11, Sign Language Club 9

Richard Davis III

Environmental Club 12, Marching Band 9-12
Spring Track 9-10, 12

Rickey Davis

FBLA 9
Football 9, JV 10, Varsity 12, VICA 10

What Kind OF PERSON ARE YOU?

I like to consider myself different from everyone else, after all we are all different. It took me a long time to be very secure of myself. There is nothing worse in the world than an insecure person. I don't consider myself a stereotype person because I'm from a different country, or because I speak another language, but because I'm one of those people who likes to be unique. It took a long time to realize that you don't judge a book by its cover, because after all that is the joy of being different.

Jose Reyes, 12

I think cliques shouldn't matter as far as I know. I see myself as an individual. I'm not a goth or a metal head, or that sort of outcast stereotype. I enjoy my music, which is punk, so you can decide. I'd want people to remember me for me. Not the way I dress or who I'm dating. The stereotype everyone has about me definitely will not matter when graduate.

Jachelle Romero, 12

I think we associate and judge people too much on stereotypes and that serves no purpose in post-high school life. I want to be remembered for me, and who I am, not for the stereotype I represent. I want people to remember that I was a dedicated wrestler, and that I loved music, not that I was a jock or a band nerd. When they see my picture, they'll say, "that's the kid who was always nice to people, that's Ben Bohman." That's how I want people to remember me.

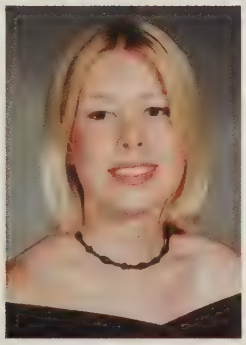
Ben Bohman, 12

I'm sure people classify me as a nerd and a loser but, I don't always fit into those stereotypes. I don't get outstanding grades in most of my classes, and I don't normally lose at what sports or games I play. People should remember me as someone who won't get on your bad side unless you try to. After graduation, stereotypes will probably not determine how you do in the real world.

Greg Hall, 12

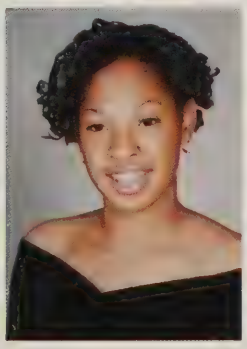
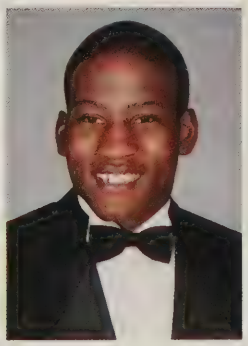
Christina Deyak
JV Dance Team 10, Varsity 11, 12 (Captain 12), Interact 12, Newspaper
Ashleigh Di Dio
Cheerleading 9, Soccer 9
Jennifer DiCristina
Yearbook 10-12 (ClubAdemics Editor 11-12)
Crystal DiMattina
FCCLA 12, Field Hockey 9, HOSA 12, Interact 9, Womens Chorus 9, 10, 12

Crystal DiRosario
Victor Dinson
Andrew Dodson
Joy Doggett
JV Basketball 9, Varsity 10-12 , Interact 12, NHS 10-12, Volleyball 11, 12 (Captain 12)



Kara Doke
Patrick Donaldson
Shannon Donlan
NAHS 10-12
Michael Donovan
Cross Country 12 (Co Captain 12)
Madrigals 11, 12, SADD 12, Track 11, 12 (Co-Captain 12)

Crystal Dorsey
FBLA 9-12, FCCLA 11, 12, Multicultural Club 9
Step Team 9, Track 9, 10
Stephen Drobnak
Ashley Duenez
FCCLA 12, Marching Band 9
Greg Dworchak

Joe Nolan Dwyer, Jr.
FBLA 12, Latin Club 11, Swimming 11, 12, VICA 11
Winter Track 9
Joy-Ann Eastmond
Ryan Eldridge
Baseball 9-12,
Commonwealth Governor's School 10-12, FBLA 9, 12
Richard Elston

Jonathan Endee
German Club 10
Michelle Ensrud
Interact 9-12 (Reporter 11, Vice President 12)
NHS 10-12, Yearbook 11
Ali Esmaili
FCCLA 10, 11, Varsity Tennis 11
Justin Etter
Jazz Band 12, Latin Club 10, 11, Marching Band 9-11, Science Club 9

Valene Evans
Anthony Fabre
ASL Club 10, Football 9
Aaron February
FBLA 11, 12, Spanish Club 10
John Ferguson

When a Good Job GOES BAD

On top of bad school days, and bad hair days students also had to deal with bad job experiences. "One time I accidentally ran into a big stack of boxes. I knocked them all over and fell on top of them. It was so embarrassing," said senior Savannah Coffman. Sometimes, even the money earned cannot compensate for working with disagreeable people and rude customers. "The worst experience I had working at Wal-Mart was the time a guy tried to use his wife's credit card. I told him he couldn't, and he called me names and said he was going to write a letter to Wal-Mart headquarters about me. Then he threw my pen at me," said senior John Endee. Bad jobs may seem awful at times, but most people will be able to look back at the experience and laugh.

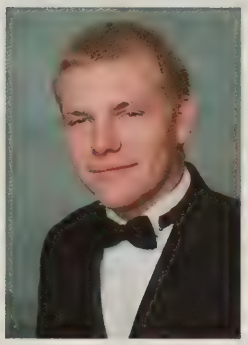
-Jen Mitchell

Katie Walters

Hmm, I wonder what this button does? Senior John Endee refunded a customer's money at the returns counter at Wal-Mart. He likes his job, but has also had some bad times working there.

Katie Walters

They're more than just groceries; They're bonus buys. Senior Savannah Coffman stocked backpacks on a shelf. Savannah is employed at Giant Food and works there almost everyday after school.



Angela Ferris

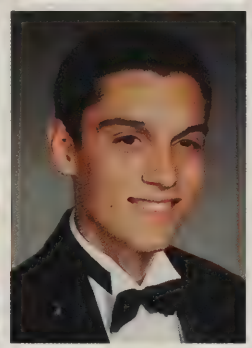
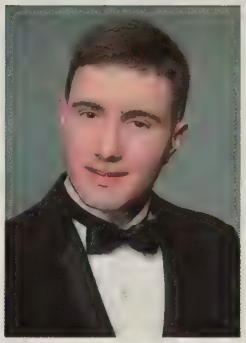
Rachel Fetherolf

Drama 9-12, Drama Club 9-12, Latin Club 9

Myles Fisher

Erin M. Fitzgerald

FCA 12, SADD 12, Swimming 9-12

Heather Fitzpatrick

FBLA 10, 12, FCCLA 12, Softball 9, 10

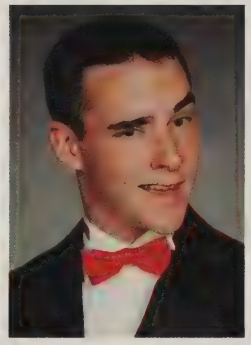
Anthony Flores

Spring Track 9, 12, Winter Track 9, 12, Wrestling 12

Michael Flower

Commonwealth Governor's School 10-12, FBLA 12
Marching Band 10-12 (Student Leader 12)
NHS 10-12

Douglas Fontenot



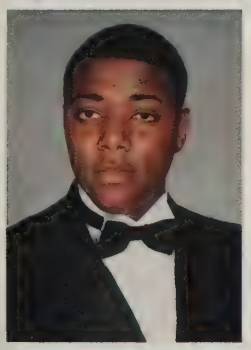
Faith Foster

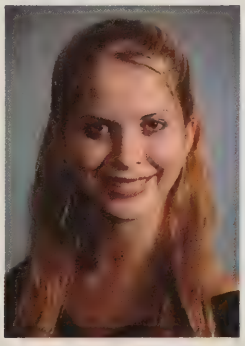
Joshua Foster

Brian Foundos

Walter Fretwell

FBLA 11, 12, FCCLA 11, 12
Football 9, 10, Lacrosse 11, 12, Spanish Club 9





Bobby Fulton

Basketball 9, 10, FBLA 9, FCCLA 11, Football 9-11, French Club 9

Kelly Gabriel

Academic Team 11, 12, Concert Band 9, 10, Drama 11, 12, Marching Band 9

Carrie Lynn Gann

Cheerleading 9-12, SADD 12 (Vice President 12)

Aiyanna P. Garcia

Cross Country 10, Spanish Club 10

Alex Garcia

Varsity Cross Country 10, Varsity Golf 11-12, Varsity Soccer 11, 12

Jessica Garza

Blake Gauthier

Cross Country 9-12, NHS 10-12 (Treasurer 12), Track 9-10

Ryan Gerwig

FBLA, swimming 9-12

Hail SENIORS!

They were the Kings and Queens of the school and the gods and goddesses of the people. They were respected by the underclassmen and they served as mentors to help the younger students. They had more rights than anyone else and took advantage of them. They were.... Seniors!

Seniors were experiencing their last high school year and it was quite different from the other years. Finally, they were on top of the high school social pyramid. They were given privileges, such as Senior parking and Senior lockers, and had more freedom than the other students.

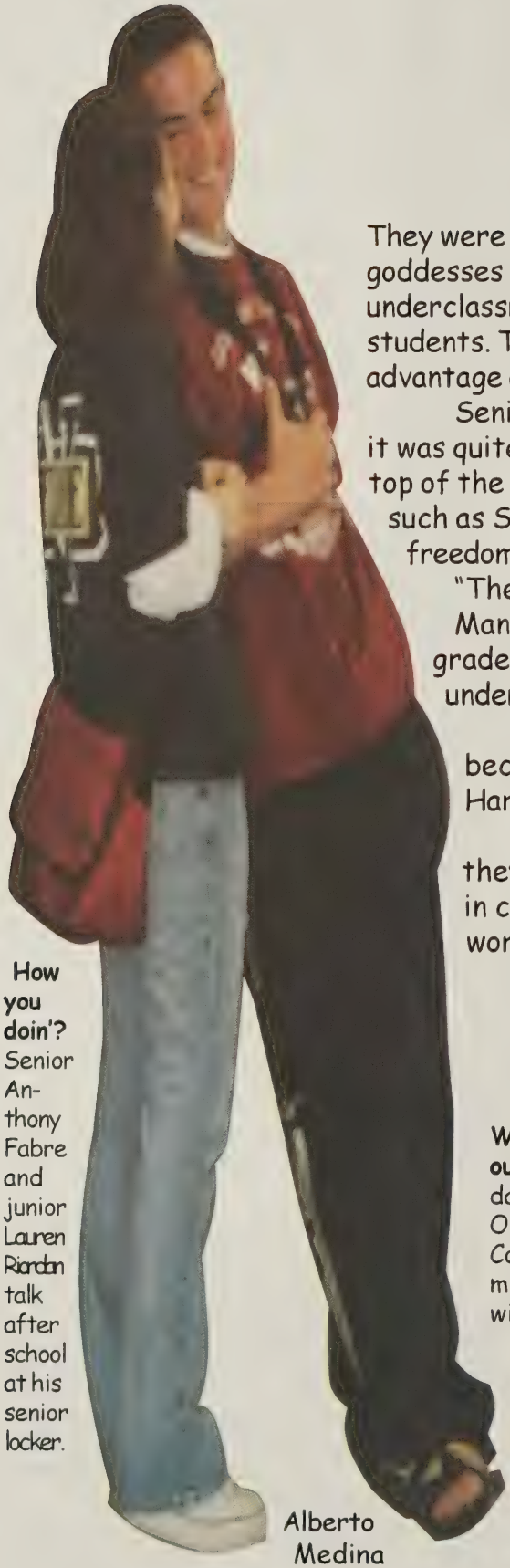
"The principal is more lenient on us," Jason Cassi said.

Many agreed it was a lot better than being in any other grade. They were finally being looked up by the underclassmen and getting the respect they deserved.

"It feels a lot different from the other years because the younger kids look up to you now," Heather Hart said.

The Seniors enjoyed the royalty of being on top for they knew it wouldn't last long. Next year, they would be in college being freshmen again or being the low guy at work. But, it was nice to be that top guy, wasn't it?

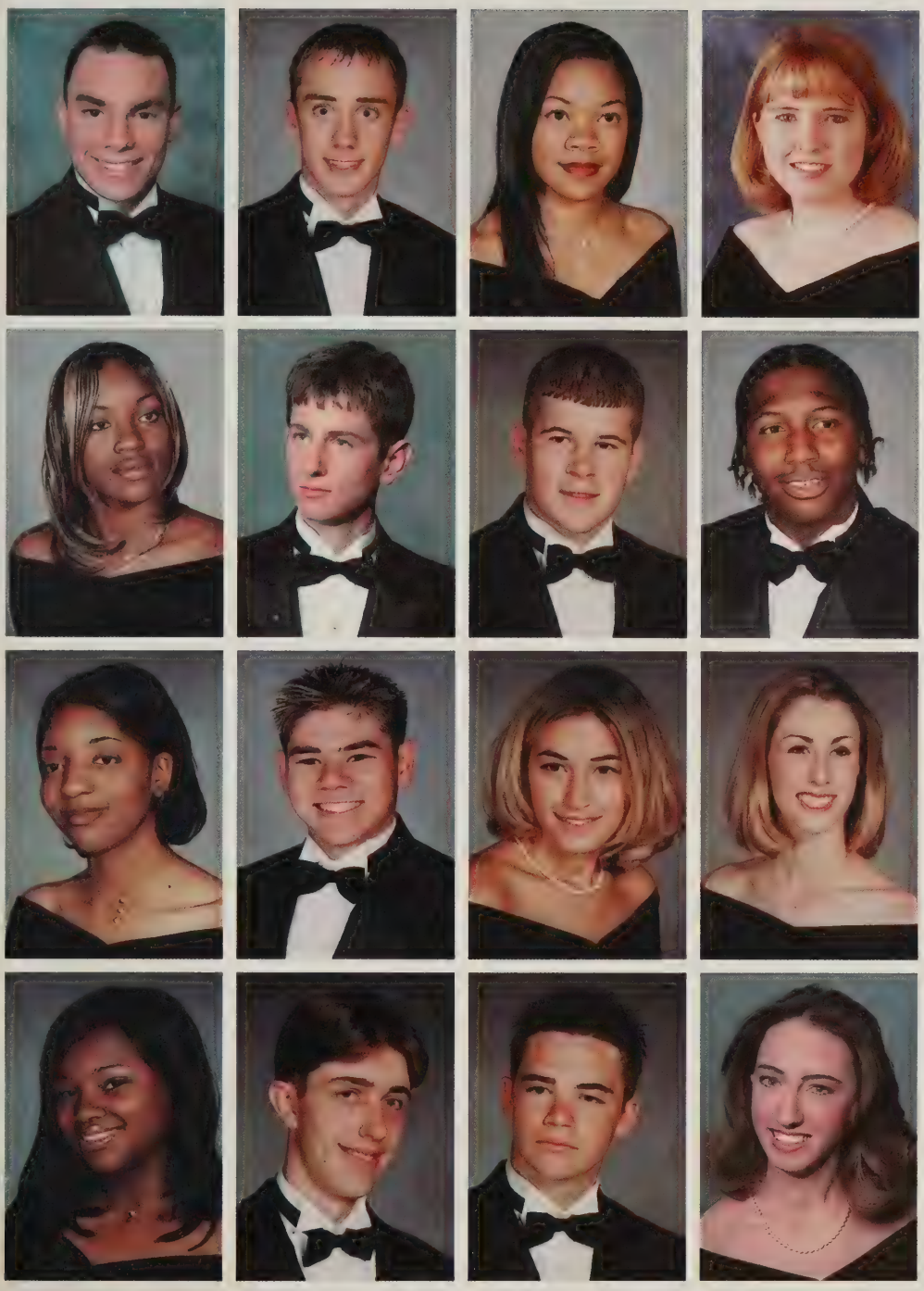
-Kristina Arnold



How you doin'? Senior Anthony Fabre and junior Lauren Riordan talk after school at his senior locker.

Alberto Medina

Who let the seniors out! At the end of the day, seniors Jessica Olechowicz and Ashley Cox get out a few minutes early and talk with their friends.



Joe Gibbons
Baseball 10-12, Football 9-12
SADD 10-12 (Treasurer 11, 12), SCA Treasurer 12
Lance Gilason
Eleanor Glasco
FBLA 11, FCCLA 11, 12, Multicultural Club 9, Step Team 9
Kerri Glaze
Environmental Club 12 (Secretary), FCCLA 12
Marching Band 9-12, SADD 12, Spanish Club 11, 12

Tiara Gordon
Child Care I, II 11, 12
Jens Green
Mike Greene
Cross Country 9-12, Soccer 9 Spring Track 10, Winter Track 9-12
Raymond Griffin
Football 9, 10, 12

Jazminia Griffith
Basketball 9-10, NAHS 11- 12, NHS 10-12, Varsity Volleyball 11- 12
Wesley Griffitts
Heather Grogg
Sorcha Guth

LaToya Gwynn
HOSA 10, Step Team 9-12 (Captain 12)
James Haig
Key Club 10
Aaron Hall
DECA 12, FBLA 11-12, French Club 9
Ashley Hall
Class Treasurer 12
FCA 9-12, NHS 10-12, SADD 12, Yearbook 11-12

"This is my third high school and it's different from my other high schools. Here you have small privileges and it's all trivial. I feel it's a waste of time. But, at the high schools in Germany, you don't get out as early." Mattie Ayres, 12

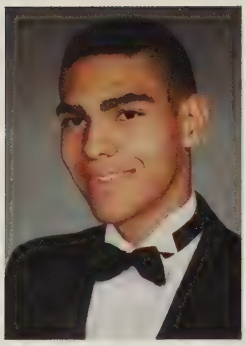
"Senior year is very stressful and time consuming. You have to figure out everything. You have to worry about graduation, colleges, SATs and everything else about the future."

Melony Segar, 12

"I feel more important [being a senior here]. I can feel the difference between being a senior here and being a senior at Brazil, the country I came from."

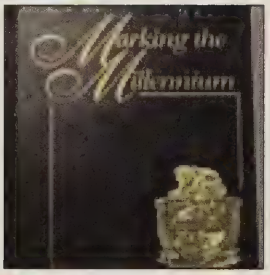
Mirella Pascini, 12

Gregory Hall
Environmental Club 12, German Club 9
Marching Band 10-12, Spring Track 11
Kristopher Hamilton
Shannon Hamilton
Early Childhood Education 11, 12, FCCLA 12, FHA 9
Heather A. Hart
Early Childhood Education, FBLA , FCCLA (Vice President), SCA



Just How Much Does it Cost TO BE A SENIOR?

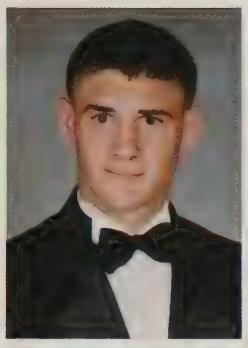
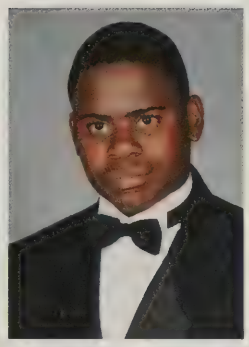
Senior shirt = $20
Senior Parking Pass = $5
Homecoming = $150
Taking the SATs a few times = $45
Senior dues = $60
Senior Pictures= about $300



Graduation Package = at least $100
Prom = at least $300
College applications = about $60 each
Yearbook = $55
Total: $ 1095
Remembering your last year of high school: Priceless

"$600 for pictures, cheerleading is always $600, yearbook, t-shirt, dues, it's way too much! But it's definitely worth it."
Amy Savarese, 12

"I had to pay for my yearbook, T-shirt, dues, invitations announcements, prom, pictures, homecoming, college applications, and a lot of other stuff."
Courtney Kreft, 12

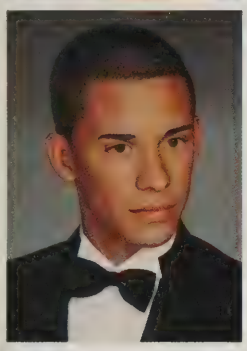



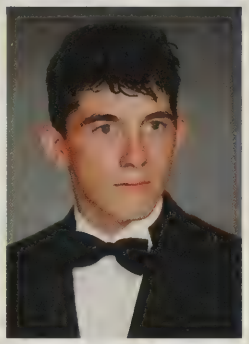
Carly Hatcher
Athletic Trainer 12, Basketball 9, Cross Country 11-12, Field Hockey 9, 10, Track 9, 10

Mike Hawkins
FCA 11, 12, Football 9, 10, NHS 11, Soccer 9-12 Track 11

Patrick Hayes
FBLA 9-12 (Reporter 9, 10 Vice President 11 President 12), JV Football 11, Varsity 12

Christopher R. Heck
Swimming 9-12



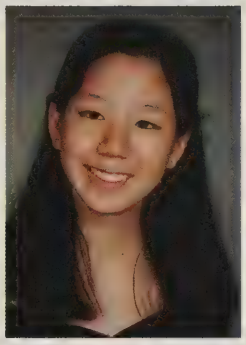


John Hernandez

Danielle Hevia
DECA 12, Orchestra 9-11

David Hilbmann

Andrew Hill



Raquel Hill
Cover to Cover, FBLA 9-12, FCCLA 9-12, Step Team 9, 10

Sebastian Holmes

Stephanie Hom
Commonwealth Governor's School 10-12, German Club 9-11, Interact 12, NHS 10-12, Orchestra 9, 11, 12

Mike Honeycutt
Animal Rights Club 9-12, Environmental Club 9-12 FBLA 9-12, Football 9-12, Track 9-12

Douglas Hooks

Erik Huber
FBLA 12, Interact 11, Marching Band 9-11 Spring Track 11, 12, Winter Track 12

Jennifer Huddleston

Jason Hunt
Football 9

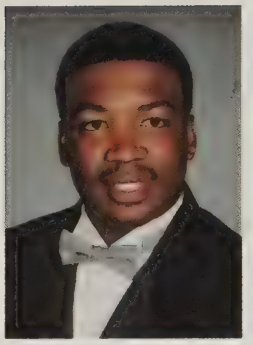
William Ingoglia

Lashawnda Jefferson
Honor Band 9-12, Marching Band 9, Multicultural Club 10, SCA, Representative 11, 12

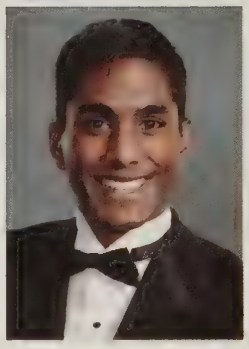
Ivan Jenkins
JV Basketball 10, Varsity 11, 12 , FBLA 12, FCCLA 12, Varsity Tennis 11,12

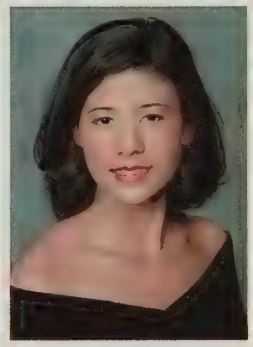
Chelsey Johnson

Marcus Johnson
Baseball 9, FCCLA, Marching Band 10
Micheal Johnson
Amanda Jones
NHS 11, 12, Varsity Soccer 9-12, Track 9, 10, 11
Jayson Jurek

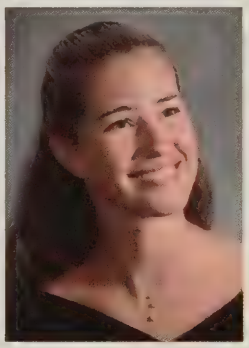


Paul Kaulfers
Athletic Trainer 12, Debate Club 12, FBLA 11, 12
Winter Track 9
Christopher Keller
Angela E. Kelley
Cross Country 10, Interact 12, Learn and Serve 12
SADD 11, 12, Track 9, 10
Shannon Kelley
Cross Country 10, 11, Interact 9-12, Spring Track
11, Winter Track 11



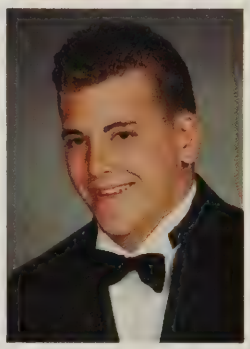
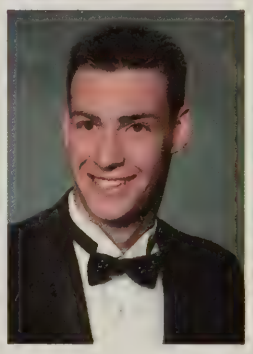
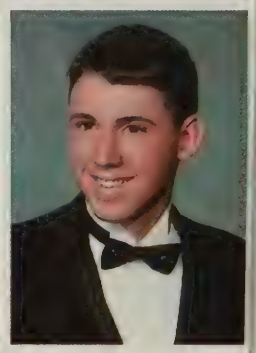


Enri Jean M. Kerr
Dance Troop 9, 10, FCCLA 12, Show Choir 11
Deangelo King
Football 9-12
Nicole Kistler
FCA 11, 12, Marching Band 9-12, NHS 10-12
(President 12), Soccer 10, 11
Brandon Klein



Broy Klein
Cross Country 9, 10, FBLA 12, Latin Club 10-12
Spring Track 9, 11, 12, Winter Track 10-12
Courtney C.. Kreft
FCA 10-12, FCCLA 12, French Club 9, 10, SADD 11,
12, Swim Team Manager 12
Emily L. Kulbeth
Concert Band 9-12, Interact 12, Marching Band
9-12, NHS 12, Yearbook 11, 12
Raynell Kwaitkowski

Edwin Lancaster
Matthew Lang
Football 9, Wrestling 9-11
Nathan Lanham
Varsity Basketball 9-12, Varsity Golf 9-12
Edward Larkin

What is YOUR PHOBIA?

We aren't talking about ghouls, goblins, spiders, snakes, or haunted houses. This is about college. The seniors at our high school had many different phobias about this topic. Whether it be not knowing what to major in, grades, or not getting accepted to the school that they wanted it was all important.

Some people didn't know what they wanted to do in college. " I am afraid that I will get to college and not know what to do," said senior Shannon Kelley.

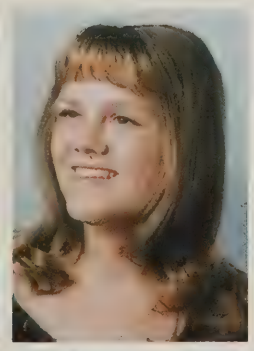
People of all age and gender get scared when they first go to college and along with confusion so many other things can go through your head. "My ultimate phobia is failing college," said senior Ben Weathersbee.

One of the big fears was not being accepted at the college that they really wanted to go to. "My biggest fear would have to be not getting accepted at UCLA," said senior Shannon Hamilton.

So as you can see seniors do have fears about some things. Whether it be ghouls goblins, spiders, snakes, haunted houses, or college everyone has one. What is your phobia? -Christina Stevens

Jacqui Capriglione

And sign here... Senior Joy Eastmond views potential colleges at college night at Spotsylvania Mall. College night was an opportunity to see colleges from around the nation. It was also a good way to compare colleges and talk to representatives from many different schools.

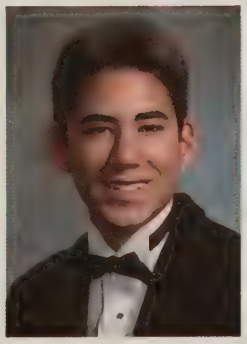


Samantha Laudenslager
Drama 9, 10, FCCLA 12, Lit Mag 11

Sarah Lausman
Marching Band 9-12, Spanish 11

Marcella Lee

Meghan Leeds
Cheerleading 10-12, Class Secretary 11, 12
Commonwealth Governor's School 10-12,
Soccer 9, 10



Jade Lines
FCA 11, 12, SADD 12, Winter Track 10

DeAnna Lipscombe
FBLA 11, FCCLA 10-12, MCI 9

Justin Loucks
Lacrosse 10, 12

Andrew Love
Academic Team 11, 12, Marching Band 9-12
Rotary Youth Leadership Association 11,
Soccer 12

He SAID...

Chick Flicks: are they really that bad?

"Guys should suffer through boring chick flicks because it allows for many opportunities to sleep. It makes your girl think your nice but actually, you just get to rest up!"

Billy Schlotter, 12

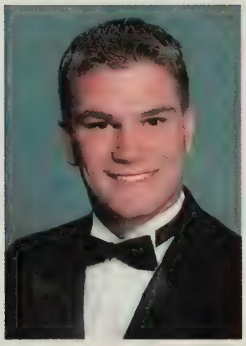
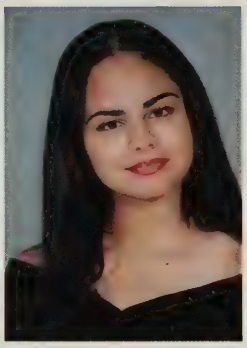
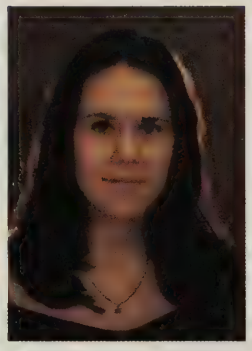
"I like the fact that chick flicks are a good, cheap way to hang out with your girlfriend and have some close cuddle-time."

Jason Cassi, 12

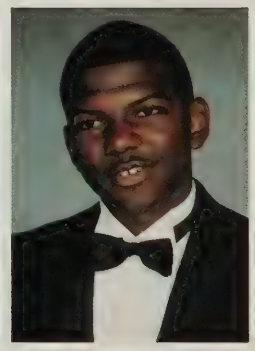
"Chick flicks are great because there are a lot of boring scenes. This allows time for other things....like sleep and stuff."

Dan McCleese, 12

Kenneth Luckey
Lyshaniz Lugo
Leeann Lyall
FBLA 9, FCCLA 9, 10, 12
John Macdonald

Roseanna Maddox
Chorus 9, FBLA 11, FCCLA 11
Billy Mallory
Baseball 9, Basketball 9-12, Country 10-12, Football 9, Track 10-12
Justin Marlowe
Commonwealth Governor's School 10-12
DECA 11, NHS 10-12, Robotics 12,
Varsity Tennis 9-12
Janeka Martin



Jahtanya Martin
Anya Mason
FCCLA 10-12
Brian Maurer
Varsity Baseball 9-11, Varsity Football 10-12
Interact 12, Track 11
Kyle McAleese
Class Officer 10-12, Golf 9-12, SADD (President 11, 12), Soccer 9-12

She SAID...

Why should guys watch chick flicks?

"Guys should definitely watch chick flicks with us because it shows us that they care enough about us to suffer through them."

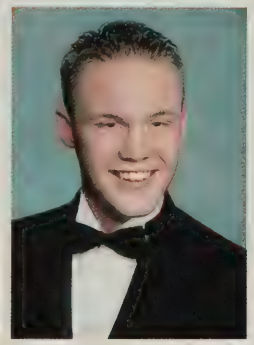
Kacie Binks, 12

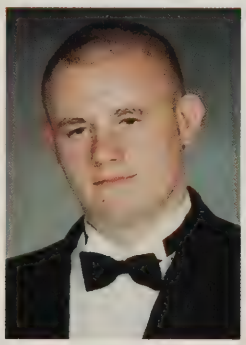
"If I have to suffer through Jason's scary movies he should have to watch a chick flick for me, it's only fair."

Dana Pruessner, 12

"Guys should have to watch all those chick flicks with us because us girls always have to watch those guy movies. But it's good to watch romantic one because it's nice to be close and stuff."

Liz Barrett, 12





William McCann

Dan McCleese

Class Vice President 12, FCA 10-12, Football 9, 10
Soccer 9, 10, Tennis 11

Daniel McDonald

Patrick McDonald

Concert Band 9-11, Marching Band 9-11

Katie McFadden

Interact 12, Learn and Serve 12, SADD 12
Softball 9-12, Volleyball 11

Taira McFarland

Debate 11, 12, FBLA 9,12, FCCLA 12, Forensics 12
Interact 12

Robert McKenzie

FBLA 11 (President 12), French Club 9

Christopher McMahon

Chelsea A. McNair

Forensics 12, Interact 11, 12
Students Serving Stafford 9, 10, Tennis 10-12

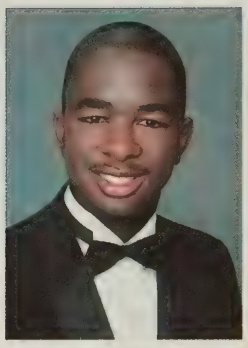
Alberto J. Medina

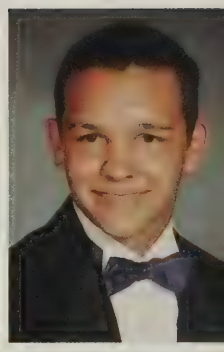
Marching Band 9-12 (Drum Major 11, 12)
NHS 10-12, Track 11, 12, VICA 11, 12

Jose Medina Jr.

Hope Merrit

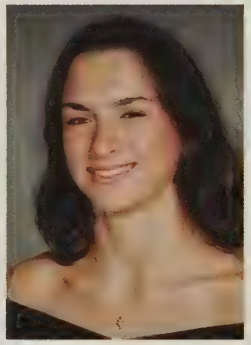
Marcus Miller
FBLA 12, Varsity Football 12, HOSA 11
Nick Miller
FBLA 11, 12
Robert Miller
FBLA 11, 12 (Treasurer 12), VICA 12
Don Mills Jr.
Wrestling 9-12



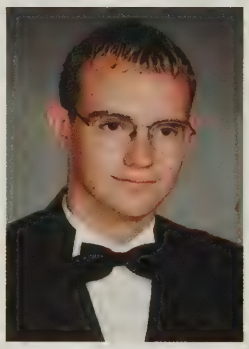


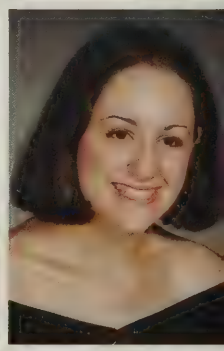
Nick Misyak
Football 9-12, Track 9-12
Jennifer Mitchell
Drama 9 , Interact 12, Yearbook 12
Kirsten Mock
Jason Mosley
Marching Band 9-12 (Drum Major 11, 12)
NHS 10-12, Swim Team 9

Ivan Mousaw
FCCLA
Andrew Mudd
Danielle Myers
FBLA 12
William V. Myers III
Varsity Baseball 10-12, Concert Band 9-12,
Marching Band 9-12



Kaycee Nakamoto
Charles Nance
Football 9, 11, NHS 10-12, Track 9-12
Chris Neigh
Lacrosse 9-12, NAHS 9-12, Ski Club 9
Wendy Nelson
Animal Rights Club, Dance Team 9, Lit Mag 12 (Co-Editor 12), Orchestra 9-12, Tennis 11





Jamie Nobles
Anime 10-12 (President 12), Lit Mag 11-12
Kelly Norris
Jessica Olechowicz
Field Hockey 9-12, Soccer 10, 11, Winter Track 9
Parry Olmstead
FBLA 10-12, Football 9, German Club 9-12

Closing TIME

As we all know one of the senior privileges is to eat in the senior courtyard. Not too far into the year the courtyard was closed in all lunch shifts for various reasons.

"It's one of our few privileges and it's not fair that we got it taken away, but there are some students who don't respect the privilege. Not everyone should be punished," Chelsey Johnson said.

A couple of the various reasons that the courtyard was closed in the beginning of the year was that the people in lunches left the courtyard a mess, and some underclassmen managed to eat out there as well. Joe Dwyer said "I think that the underclassmen shouldn't be out there and I think that if one lunch leaves a mess then the other lunches shouldn't be punished."

"The only little bit of fresh air that we have shouldn't be taken away from us. If they want us to be able to have fresh air then put in windows that can be opened." Parry Olmstead said. For the seniors, the courtyard is the only place where they can get a breath of fresh air during their day and for the most part most of them appreciate that privilege.

-Valene Evans

Caitlyn Steining

So what if it is just lunch? Students shared a laugh and enjoyed the company of their friends. Senior John Boothe and Dan McCleese relax during lunch in the senior courtyard.

Natasha Orr
Early Childhood Education I, II, III 10-11, FCCLA 11

Peter Osborne

Ashley Packham
Canoe Team 9, Hula 9, 10, Interact 12, Track 9-12

Sean Painter
FBLA 9

K. Claire Palmquist
Cross Country 10-12, Spring Track 9, 10, Students Serving Stafford, Winter Track 10

Lauren Parker
Cheerleading 9-12, FCA 12, NAHS 12
SCA President 12, Soccer 9, 10

Andrew Parks
Basketball 9-12, Cross Country 9, 10, NAHS 10-12
NHS 10-12, Track 9-12

Mirella Pascini

Janina Patterson
DECA 12, Drama Club 10, 11, FBLA 9, 11, 12, FCCLA 12, Track 11, 12

Cherita Paul

Kathy Peck
Cheerleading 9, DECA

Ricky Perry
DECA 9-11, FBLA 12, Golf 11, Jazz Band 12
Wind Ensemble 9-11

How Spirited ARE YOU?

1. College Day was yesterday and you didn't have a shirt. You:

A. Went to Potomac Mills and bought a $40 sweatshirt of a college that really looks cool (ex. Yale, Hartford, University of Hawaii.) While you're at it, you bought the matching shorts.
B. Looked in you parents closet, perhaps finding a sweatshirt of their college.
C. Took a white shirt and wrote "University of Bob."

2. For Farmer Brown Day, you:

A. Dressed up in overalls, plaid shirt and boots and you tied a scarf around your neck. Plus, you brought a plush cow to represent "Bessie."
B. Dressed up in overalls and put dots on your face.
C. Wore ordinary clothes.

3. On Wacky Backwards Wednesday, your shorts were on backwards because:

A. It had to match your inside-out shirt, two different shoes and half spiked-half normal hair.
B. You needed something that fitted the day.
C. As you got dressed, you were half asleep and you put your shorts on backwards by accident.

4. On Class Kool Aid Day, you wore:

A. Your class color, head to toe.
B. A shirt and maybe a pair of socks with your class color.
C. Another class's color.

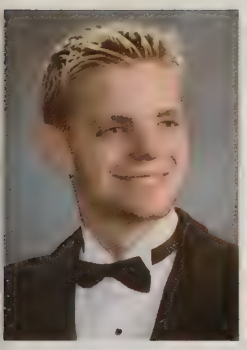
5. To show your spirit on Spirit Day, you had:

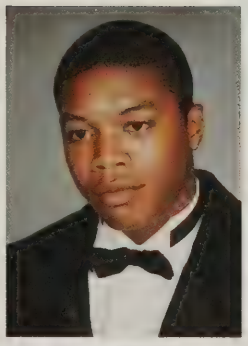
A. An orange shirt, blue pants, a sock of each color orange hair and a blue face.
B. Orange shirt and blue pants.
C. A mark made with a blue marker on your hand.

6. On Spirit Day, your hair was:

A. Half orange, half blue and covered with sparkles.
B. Tied up with a blue and orange tie.
C. Normal.

Results:
Mostly As- You are spirit. It should be your name, or at least your middle name. You look at spirit week as a time to express yourself and to show off your spirit for the school. You look forward to this time every year and you always make sure you go way out.
Mostly Bs- You like spirit week, but afraid to express it. You feel you'll look out of place, but at the same time everyone else is doing it, too. You may not go all out, but you do have some spirit
Mostly Cs- If spirit week was banned, you would do just fine. You don't care about spirit week and you may even hate it. Spirit week isn't truly necessary to your school life.





Zachary Pickard

Rascheka T. Pitts

FBLA 12, SCA 9-12, Spanish Club 12, Spring Track 9-12, Winter Track 9-12

Wilbert Powers Jr.

Dana Pruessner

FBLA 12, Field Hockey 9-12, Indoor Track 10 Soccer 9, 10

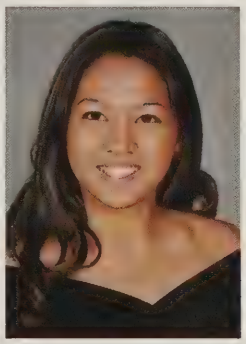
Yasin Rahman

Allison Resler

Jose Reyes-Guizar

Kristine Rhymer

Basketball 9, 10 Varsity 11
HOSA 10, 11, Volleyball 11



Erin Ridder

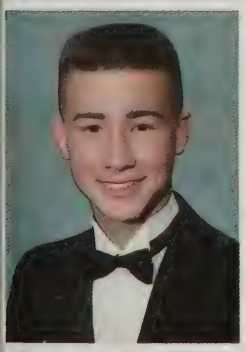
Choral 9, Colorguard 9-11, Environmental Club 12, FCCLA 12, SADD 12, Women's Ensemble 10, 11

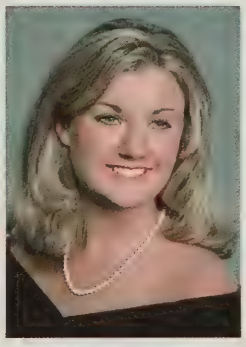
Shara Riesz

Chase Rogers

Lacrosse 11, 12, Rugby 10, Swimming 12, Volleyball 9, 10

Jachelle Romero





Steven Roupas

Keri Ruggles

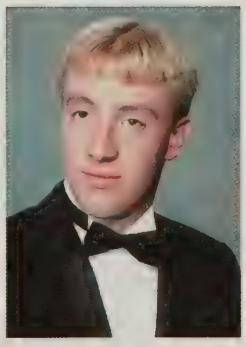
Marching Band 9-12, Wind Ensemble 11, 12

Tanique Rush

FBLA 12, Interact 12, Marching Band 9-12

Kathryn Sandkuhler

Athletic Trainer 12,
JV Tennis 9, 10, Varsity 11, 12



Amy Savarese

Varsity Cheerleading 10-12, FCA 12, NAHS 11, 12, SCA Vice President 12

Shauna Saville

DECA 12, FCCLA 11, Show Choir 9

John D. Sawyer, Jr.

FBLA 12, FCA 10, Football 9-11, Madrigals 9-12 SADD 11, 12

Ricky Scanlon

JV Baseball 9, Varsity 10-12, NHS 10-12

He SAID...

All About Cars:
-Why are guys insurance rates so high?
-Are guys or girls worse drivers?
-What is your favorite car?

"Guy's insurance rates are higher because we like to drive faster, and show off. Girls drive like girls.

Blake Gauthier, 12

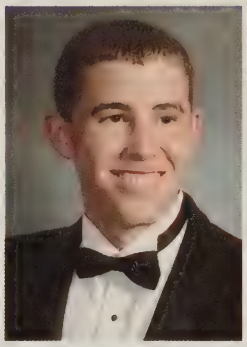
"Girls are definitely crazier than guys. Guys have more control and are just better drivers in general."

Byron Binda, 12

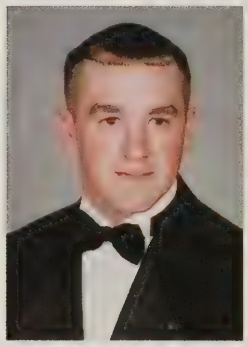
"My favorite car is a Viper, because they look really good, and they are really fast. They cost a lot so they must be worth it."

Jesse Baker, 12

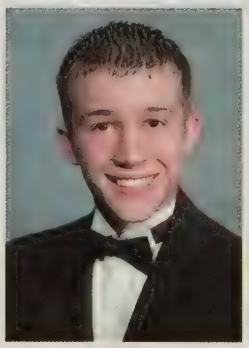
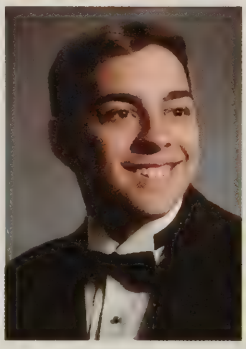
Joshua E. Schimpf
Football 9, Lacrosse 9, 10
William Schlotter
Brock Scott
FCA 11, 12 (Leader 12),
Football 9, 10 Varsity 11, 12 (Captain 12)
Jason Seal



Michael Seay III
Football 9, 10, Wrestling 9-12
Melony Segar
Chorale 9, FCCLA 12, Madrigals 10-12
Carl Sergent III
Ross Shannon
Lacrosse 9-12, Wrestling 9, 10



Robert Sheehan
Benjamin Sifers
Kevin Skewes
Aaron Smith

She SAID...

"I think their insurance rates are higher because they like to show off more, get more speeding tickets, and guys always get caught more."

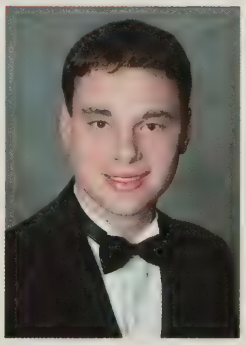
Christina Deyak, 12

" I think girls are worse drivers, because guys take driving more seriously then girls do."

Joy Eastmond, 12

"My favorite car is a Volkswagen Jetta. Besides being cute they are sporty and reliable."

Stephanie Walton, 12

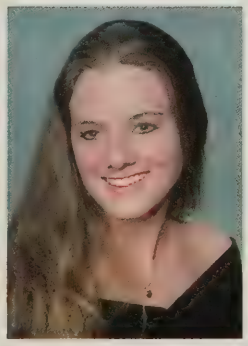


Lindsay Sollers
Basketball 9, 10, NHS 10-12, SADD 12
Softball 9-12 (Captain 11, 12), Volleyball 12

Ashley Speight
ASL Club, FCCLA 12, French Club 9-12
Step Team 9-12

Tara Stafford
Drama 10-12, Forensics 12, French Club 9, 11

Brian Steckel
FBLA 11, 12, SADD 12
JV Soccer 9, 10 Varsity 11, 12



Caitlyn J. Steining
Dance Team 9-12 (Senior Captain 12), Interact 12
NAHS 9-12 (Secretary 12), SADD 12

Amy Stout
DECA 12

Karen K. Sugahara
FCA 12, FCCLA 12, HOSA 11

Lynn Swengros

Kenneth Taylor

Katie Thomen
Basketball 9-10, Varsity Field Hockey 9-12,
Varsity Softball 9-12, Track 11

Jason Tolliver
JV Basketball 10 (Captain 10) Varsity 12
FBLA, Football 9

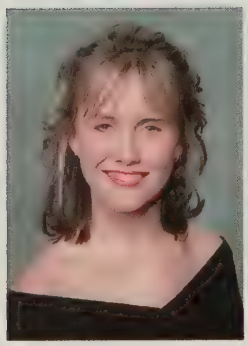
Melissa Torres
Early Childhood Education 10-12, FCCLA 9-12 (Vice President 12)

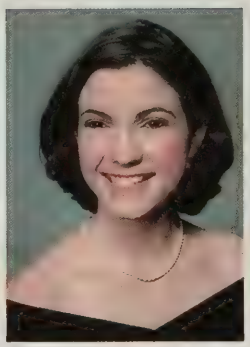
Nicole Trepanier
Chorus 10-12, Orchestra 9

Jessie Trosclair
Dance Team 9, Field Hockey 10-12, Indoor Track 10, Soccer 9-10

Megan Claire Tunney
Cross Country 11, Field Hockey 9-10 (Captain 10), NHS 10-12 (Officer 12), SCA Representative 11, Yearbook 10-12 (Editor 10-12)

Lauran Nicole Twombley



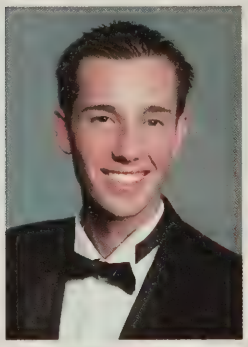


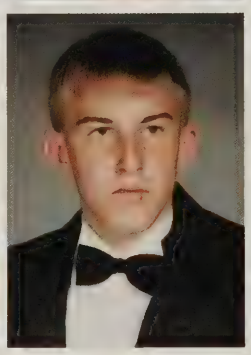
Chris Tye
Golf 9-12

Kristen Vestal

Daniel Viverette

Kari Vorrath
DECA



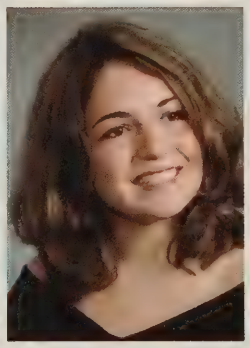
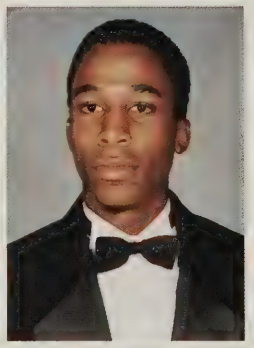


Katherine Elaine Waldhauser
Dance Team 9, 10, NHS 10-12 (Vice President 12), SADD 12, Yearbook 11, 12, (Editor 12)

Stacey Walerko
Athletic Trainer 11, 12, Commonwealth, Governor's School 12, Student's Serving, Stafford 11, 12, Tennis 9, 11, Track 9,11

Lennie Walker Jr.

Stephanie Walton

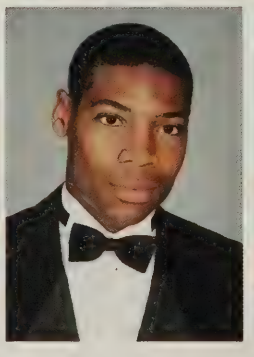



Wajoili Ward
JV Dance Team 9, FBLA 12, Step Team 10-12

Hillary Wasser
Chorale 10, Drama 9, Interact 11, 12, Madrigals 11, 12

Robert Watkins
Animal Rights Club10, FCCLA 11, , Football 9-10, 12

Stacy Way
FCA 9-12 (Leader 11, Vice President 12), Winter Track 10, Yearbook 10-12 (Managing Editor in Chief 12)

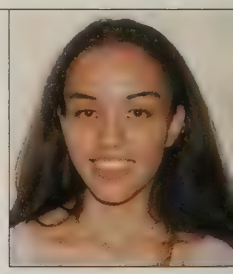


I guess I'm kind of scared, because I'm not sure what's beyond high school and what's gonna happen when I leave.

Nicole Trepanier, 12

I'm excited to leave high school and go to college, but nervous because I don't know what to expect. You're sad because it's one of the last times with a lot of your friends.

Katie Sandkuhler, 12



I'm really excited about graduation, because I finally get to leave this school. I'm against the county, but I will miss a lot of my friends here.

Natalie Brito, 12

Are We THERE YET?

The thought of graduation can inspire different feelings in everyone. While some people are going to be excited about one of the biggest changes in their young lives, others can feel nothing but dread. Some students are excited about getting out into the world and see new places and others still are upset to leave the comfortable to surrounding in which they grew up in. Despite the mixed feelings, almost everyone will be graduating and working their way out into the real world.

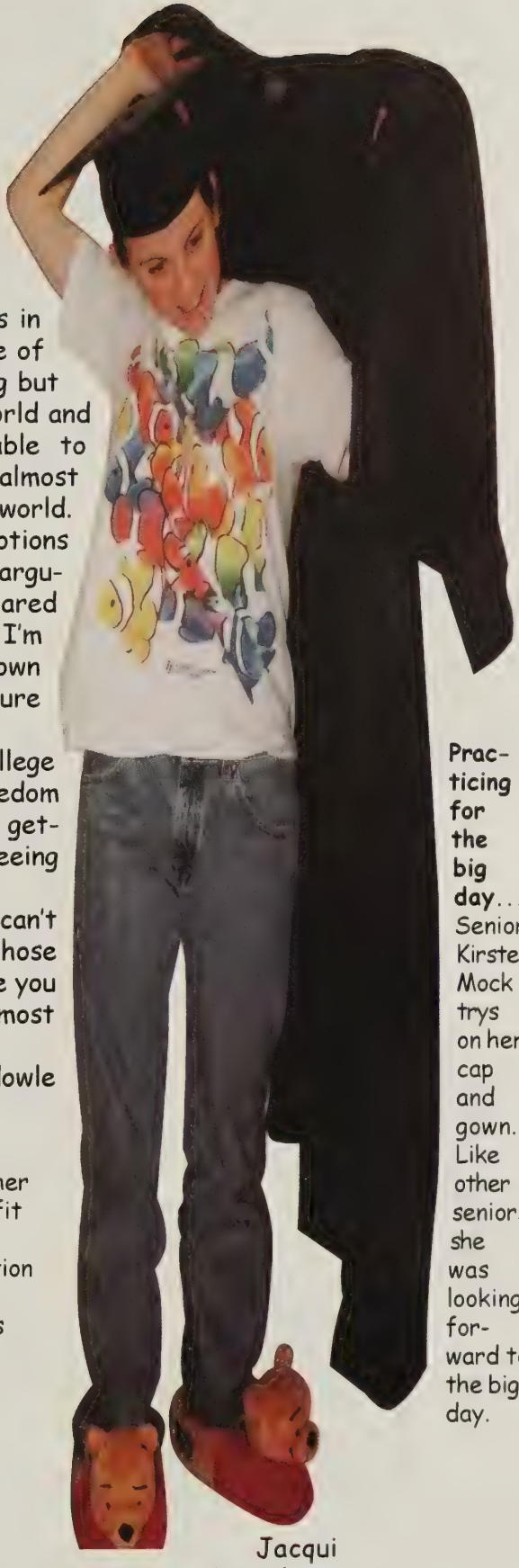
While some of the student population has clashes of emotions between each other, the other part of it has these emotional arguments occurring in themselves. Carly Hatcher said, "I'm sort of scared because I've gotten used to high school, but at the same time I'm ready to move." It is hard to leave a lifestyle that you have grown accustomed to, though every graduating senior will have to endure the change.

"I'm really looking forward to it. I can't wait to go to college and be on my own," said Lance Gilason. The temptation of the freedom in college, is a definite plus to your education. "I'm excited to be getting out of Stafford!" said Doug Fontenot. The excitement of seeing new places and doing new things is also wonderful.

Leaving your friends can be painful to some people. "I can't wait, but it's going to be sad, because you'll never see 75% of those people again," said Kyle McAleese. Though it may be the last time you see some of your friends, graduating is a fun experience for most people. It marks the beginning of the rest of a student's life.

-Sarah Budowle

Just right... Senior Kirsten Mock trys on her a cap to make sure it fit right. All seniors ordered their graduation gear in November. An average package costs about $100.



Practicing for the big day... Senior Kirsten Mock trys on her cap and gown. Like other seniors she was looking forward to the big day.

Jacqui Capriglione

Marion Weatherington

Ben Weathersbee

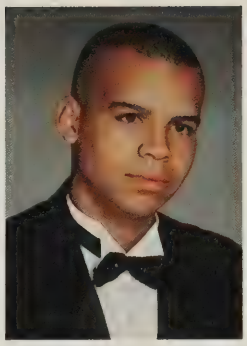
Basketball 9, 10, 12, FBLA 9, 12, Interact 12

Arthur White

JV Basketball 9, 10 Varsity 11, 12, NHS 10-12

Mary Whitlow

FCA 9-12 (Leader 12), NAHS 12, Swimming 11, 12
Water Polo 9, Yearbook 11, 12 (Business Editor 12)



Which teacher Will YOU MISS THE MOST?

"I will miss Ms. King the most because she is a very nice teacher. She always greets you with open arms, and if you ever need anything she is always willing to listen."

Ashley Speight, 12

"I think Mr. Stauffer is one of the coolest teachers, because he will let you get away with so much stuff but at the same time it is easy to learn in his class without losing interest. Mr. Stauffer makes chemistry much easier to learn."

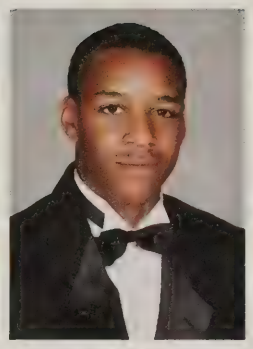
Bobby Miller, 12

"My favorite teacher is Mrs. English. She was so awesome last year in U.S. VA History. I will miss her because she was calm and sweet and taught in a unique way that as a class we understood. Besides she never seemed to be angry-well if she did, she never took it out on us. Mrs. English helped me understand history more clearly and she made it more interesting."

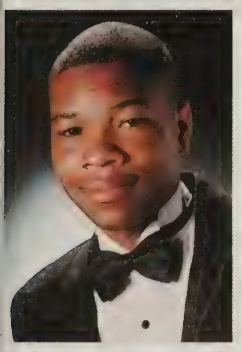
Charketa Buie, 12

"Mr. P was my favorite teacher, because he did his best to tie real world and everyday senarios into our lessons. Plus, you never got tired of going to his class, because you'd never know what to expect."

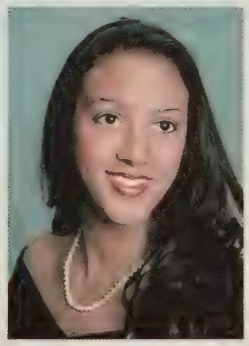
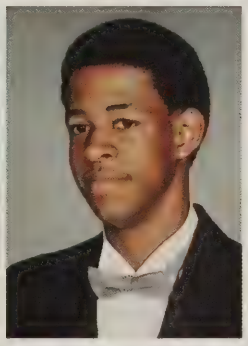
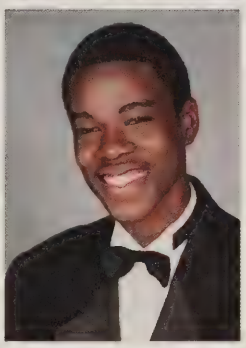
Nathan Lanham, 12



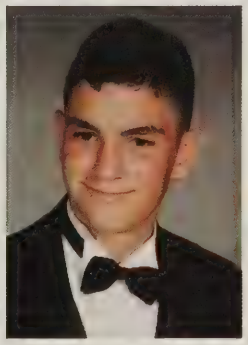
Anna Willard
Cheerleading 9-12, Class President 9, Class Vice President 10, 11, FCA 12
April Williams
Noel Williams
Amanda Williamson
Cross Country 11, 12, Dance Team 10, FBLA 12 Marching Band 9



Alex P. Wilson
Jennifer Witt
Matthew Witt
Cover to Cover 12, FBLA 12, Football 9, 11 Science Club 11, 12 (Secretary 11, President 12) Track 12
Dee Wolfe
Football 9-12, Wrestling 10-12

Andrea Woodbridge
Basketball 9, 10, DECA 10, FCCLA 9, Multicultural Club 10
Cassandra Woods
Basketball 9, Cross Country 11, 12, German Club 10, Gymnastics 9, SADD 12
Stanley Wooten
Basketball 12, FBLA 12
Wendell Wright

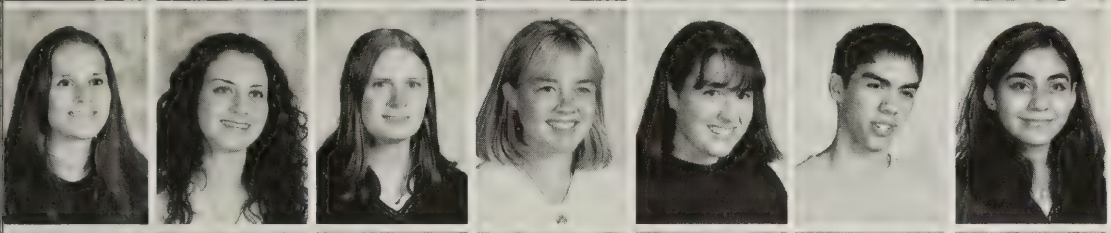


David Yonts
Theresa Young
Commonwealth Governor's School 10-12, Debate Team 12, Drama 10, NHS 10-12
Mike Zayas
Cross Country 10-12, FBLA 12, Spring Track 9-12 Winter Track 9-12
Erin Zeiser
Colorguard 9, FCCLA 11, 12

Ryan Zenter
Nicole Zographos

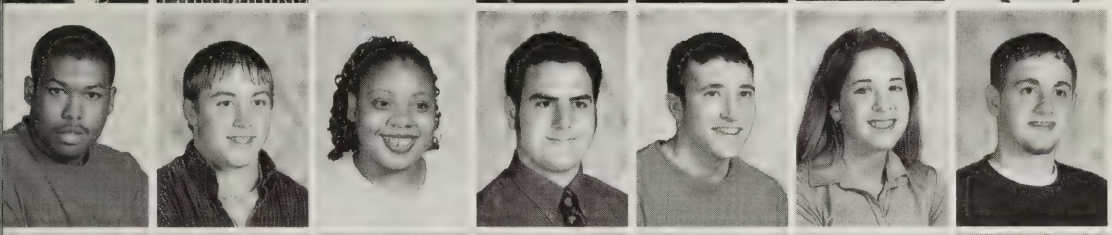
Juniors 2002

Jessica Adams
Megan Alderman
Sean Allen
Michelle Alpy
Jessica Anderson
Matthew Anderson
Gwyneth Andrews

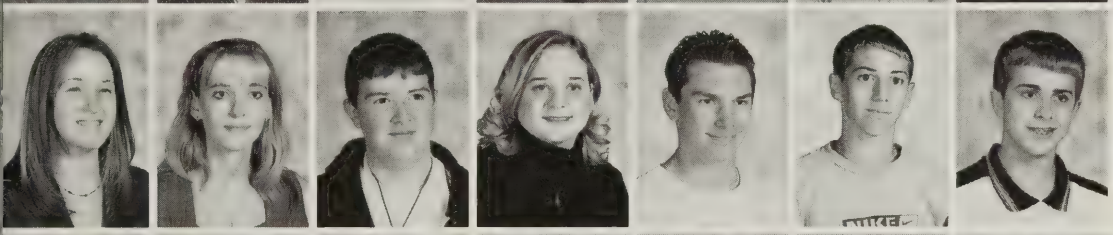


Fiona Apple
Patricia Arans
Kristina Arnold
Jennifer Ashinhurst
Rebecca Ashinhurst
Timothy Ayer
Huda Ayub

Brandon Bailey
Charles Bailey
James Baker
Jeanne Baker
Joshua Balduck
Josh Baldwin
David Barile

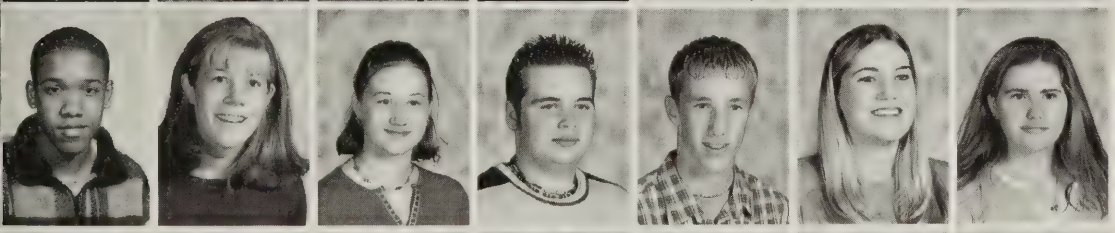


Terrence Barnhill
William Barrett
Eboney Barry
Adam Bartholomew
Mark Bartoszek
Leah Beard
Michael Bellanca



Jennifer Bennett
Jennifer Bennett
Justin Berg
Kristina Berghoffer
Michael Berl
Matthew Bieber
Jaimeson Bilodeau

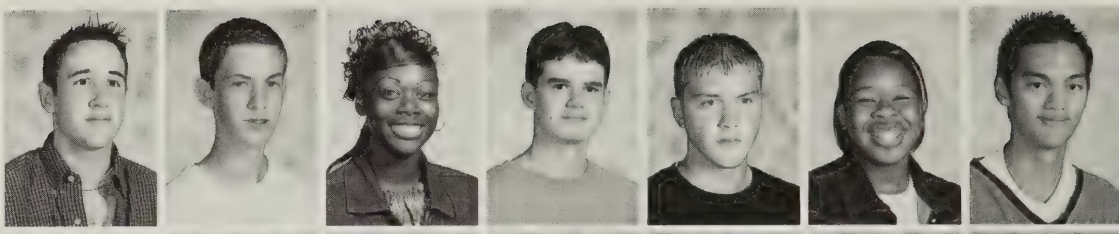
Eric Blackwell
Christen Bohman
Michael Brawner
Walter Breeden
Meagan Bressler
Daniel Bromley
Artise Brown



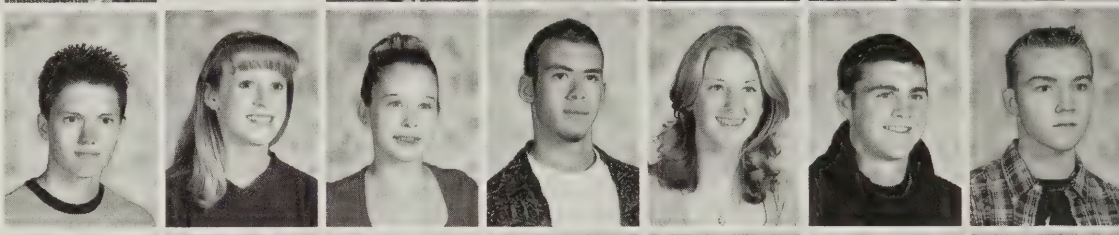
Daniel Brown
Lindsey Brown
Ashley Brunacci
Patrick Bryan
Richard Burchnall
Rebecca Byrnside
Eileen Calvo

Enrique Cancel
Derek Carnicom
Shannon Carr
Tracy Carroll
Pamela Cassell
Dana Cephas
Jennifer Cessna

Wayne Champagne
Michael Child
Melissa Chisley
James Christmas
William Clapperton
Miya Coffield
Joshua Cohen

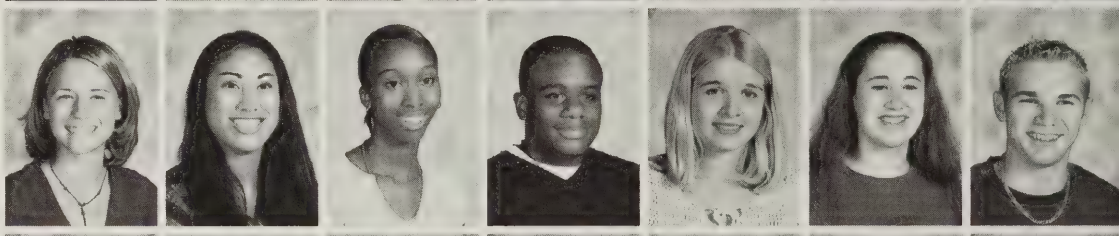


Barry Cole
Elizabeth Coleman
Ashley Collie
Christopher Colon
Shannon Cotten
Corey Cox
Heath Crabb

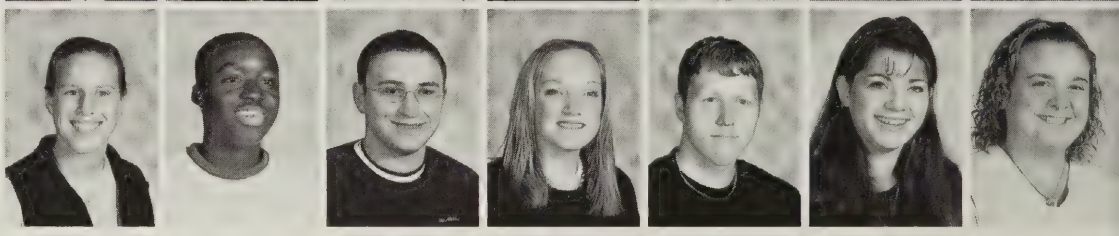


Katelyn Crooks
Krystal Crownover
Stephanie Croxton
Leilani Crumpton
Eric Cunningham
Gordon Curry
Tasia Curtusan

Erin Cwick
Kaipo Daniels
Charity Davis
George Davis
Heather Davis
Theresa Davis
Sidney Dement



Cherie Dennis
Djibril Diallo
Brandon Dionne
Michelle Dorr
Kyle Downes
Elizabeth Driegert
Katie Duncan



Lady LINEBACKERS?

Who says girls can't play football? The junior and senior girls proved to be full of entertainment for their audience at the annual Powder Puff game. Whether it was the male cheerleaders, bench stealing fanatics, or just plain old egg throwing, the game was very entertaining. "The best part was at the end with all the whip cream, and afterward someone threw a tub of butter at my car," said junior Tracy Carroll.

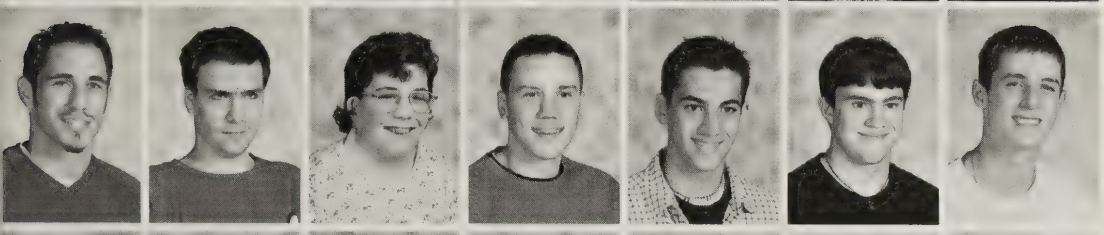
Though there was some speculation about whether or not the game was fair, the girls all seemed to have a good time. "The best part was when Cherie tackled a guy cheerleader because he stole a bench," said junior Whitney Lanham.

Overall it was a great game that resulted in a victory for the juniors, fair or not. In any case the sophomores should probably start preparing now for their game against the future seniors. -Jen Mitchell

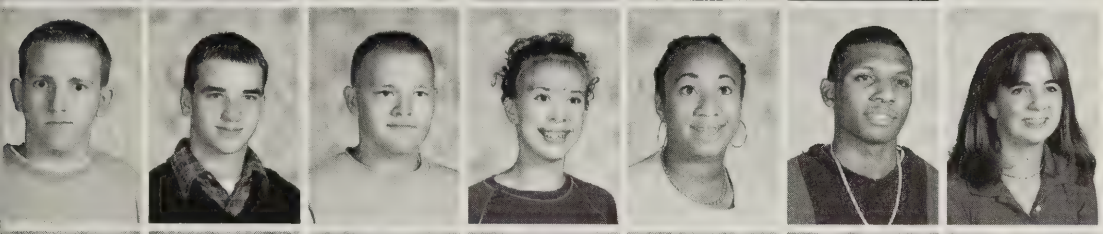
Emily Kulbeth

I'm ready! Revenge is sweet as junior Michelle Alpy prepares for battle. The rivalry between the seniors and juniors was strong and lasted until the last minute. But someone must come out on top and the juniors pulled ahead.

Stacey Durham
Terry Eason
Damenicos Eaton
Angela Edwards
Andrew Elliott
Michael Elliott
Phillip Embrey



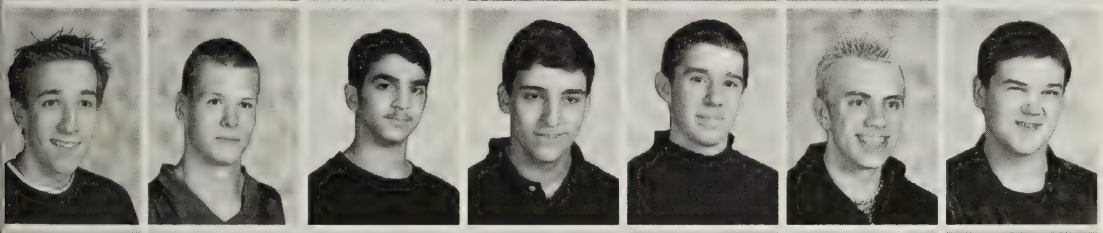
Spencer Emert
Daniel Etter
Nancy Farr
Charles Feldbush
Jonathan Ferris
Brian Fields II
Chase Fife



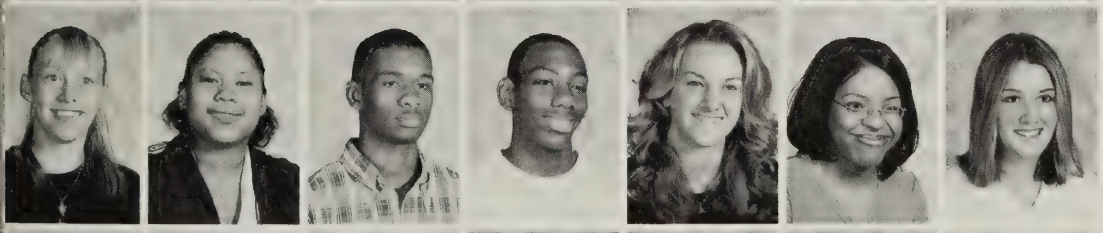
Thomas Finsterle
Stephen Fitch
Michael Fitzpatrick
Elizabeth Flodstrom
Cassidy Fludd
Jared Fowler
Katie Fox

Stefanie Franklin
Tonya Freeland
Adam Fries
Anthony Fuhrer
Carriane Garcia
Jennifer Gauvin
Adric Geddins

Freda Gibbs-Hutcherso
Lakishia Gilliam
Aladdin Glasco
Victoria Glick
Meghan Godbey
Jason Godin
Justin Goultrey



Drew Graeber
Norman Gricas
Steven Grotsky
Michael Grove
Alexander Habit
Randall Haggard
Chris Hales

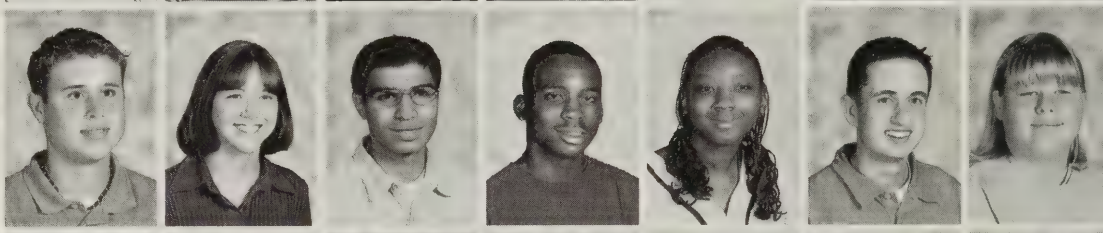


Christal Haley
Jennifer Hall
Lionel Hall
Lamar Hancock
Megan Hanscom
Nikkita Hare
Kirsten Harker

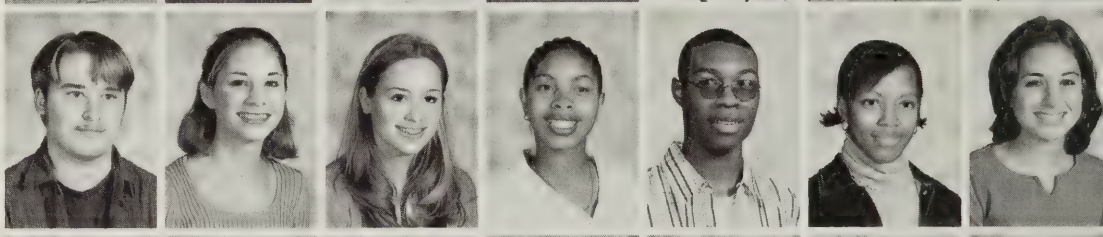
Samantha Harris
Tiffany Harris
Jolanda Harrison
Kelly Hartman
Kimberly Heaton
Lisa Hennemann
Ronda Herbert

Derek Hicks
Teagra Hicks
Kathryn Holland
Ashley Holm
Joseph Hornbeck
Elise Hosea
Bobby Hudson

Adam Hugentober
Laura Hull
Damanbir Hundal
Cedric Hunter
Salina Hunter
Aaron Hutson
Susan Ishman

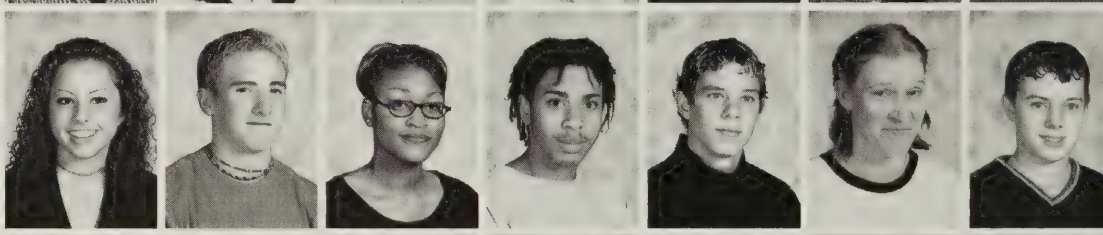


Gregory Ivanchishin
Allison Ives
Elise Jackson
Shantey Jackson
Clarence Johnson
Brandie Jones
Jessica Jones

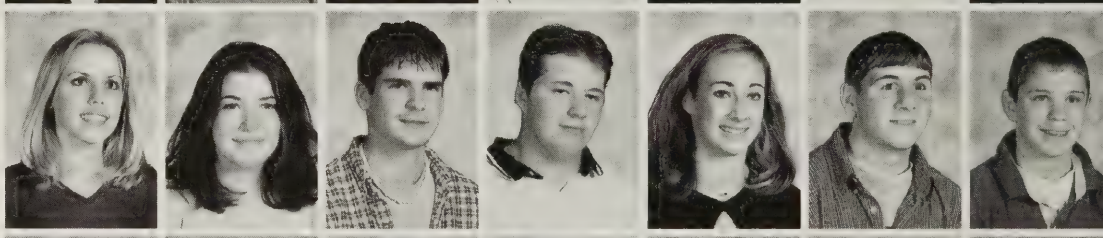


Ryan Jones
Susan Joo
Chico Jordan
Tina Kennedy
Ardene Kidby
Jared Kidd
Amanda Kimble

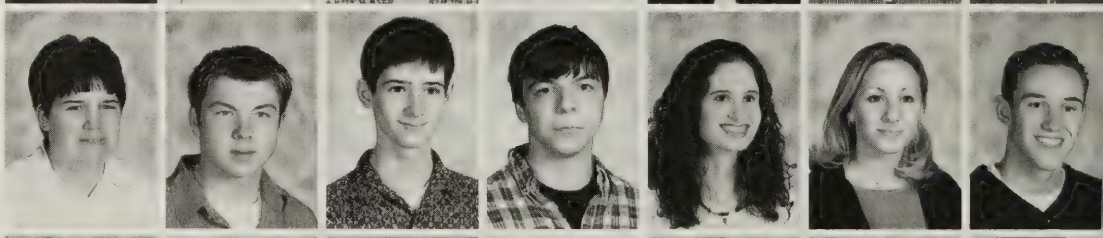
Melissa King
John Kingman
Candice Kirk
Chris Knox
Jesse Kofler
Raeshella Kohler
Joshua Koles



Megan Korynta
Megan Kratzer
William Lamb
Marcus Lang
Whitney Lanham
Michael Lanoue
Joseph Larkin



Kristin Lawson
David Layton
George Le Cakes
Brian Lefever
Adriana Lema
Cassandra Lewis
Andrew Leyva



David Linscott
Ryan Loucks
Jessica Lovelace
Kendel Lucas
Scott Lucas
Ashleigh Lynch
Tarea Mack

Where Are You AFTER SCHOOL?

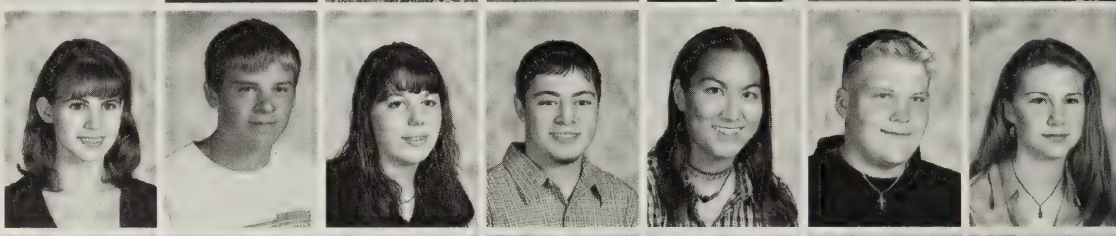
Splish-Splash...After a long practice getting out of the pool is a relief for junior Amalie Smith. Swim team practices were held at Woodlands Pool at 5 in the morning. In addition to their heavy course load, many students were involved in after school sports . Smith swam before and after school to stay in shape for the swim team. "I go before school everyday and on Tuesdays I go after school too," she said. She had to train long and hard for her swimming abilities, which was, at times very stressful on the body. Smith was fortunate to find a balance between the two.

Picture Perfect... Soccer is definitely in the family. Junior Marc Mahammed (far right) and his two brothers pose for a picture after practice. Juggling after school activities while maintaining good grades was not an easy thing to do. Mohammed had the task of maintaing school work, sports practices, and jobs. "I did indoor and outdoor soccer and I worked at Padrino's Pizza for a while all during the school year," he said. He succeeded in handling the stress that came with participating in so many activities.

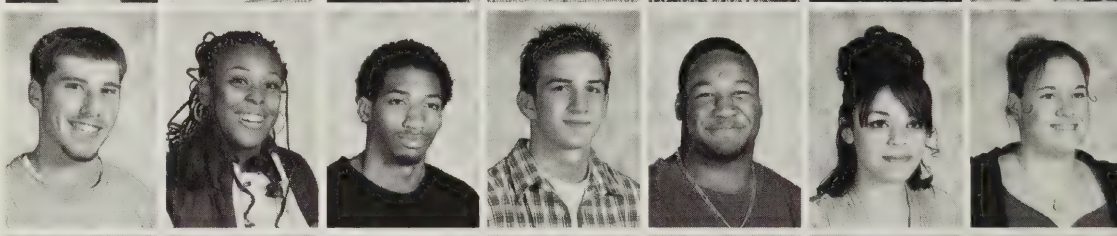
Strike Three! While pitching at a softball tournament in Richmond, junior Katie Fox throws the perfect strike. She played on The Surge, a travelling team as well as the school team. Sports can be very stressful, if not handled properly. Fox, is the pitcher of the softball team, and had to keep in shape for her sport. "I go to the gym to stay buff for softball," she said. Coordination was key for Fox, and she kept her skills under control by exercising for it. Many of student's activities were done through the school. For some, these activities were the only thing that kept them sane through high school.

Patrick MacKay
Lantz Mackey
Stephen Magee
Brandon Main
Sophie Malati
Sarah Malliette
Jennifer Mallory

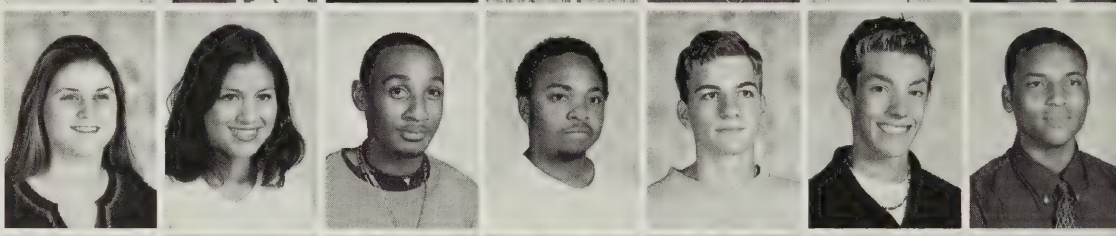
Adrianne Mann
Michael Martin
Robin Martin
Jonathan Martinez
Janet Martini
Zachary Marzaloes
Victoria Matzka



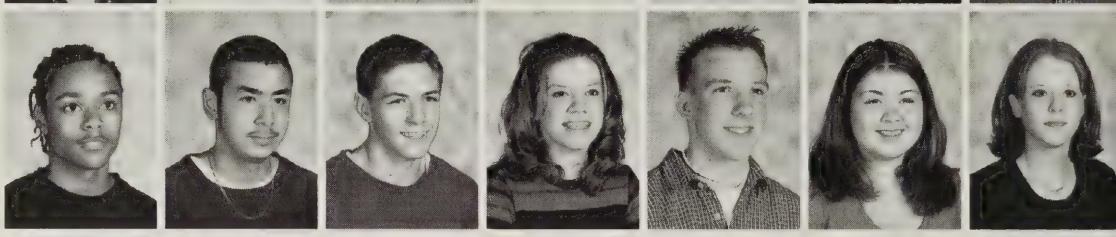
Jason McCaa
Jakeia McCall
Vance McDonald
Paul McHugh
Michael McKoy
Shaun Meekins
Stephanie Meletis



Rachael Merendino
Julianne Metzger
Austin Michael
Joray Miller
Scott Miller
Andrew Mitchell
Marc Mohammed



Tairi Moore
Prince Morales-Torres
Nathanael Morey
Crystal Morrow
Joseph Mueller
Brooke Neis
Lindsey Newquist



Q&A *What Keeps You Out* LATE AT NIGHT?

A: "Friends and work. I also go joy riding in my truck."
-Mike Singer, 11

A: "I go to parties, watch TV and I also go shopping."
-Meko Rowe, 11

A: "Chillin' with my friends and going to parties. I also stay on the phone."
-Leilani Crumpton, 11

A: "I just hang out with friends. I party a lot to."
-Amalie Smith, 11

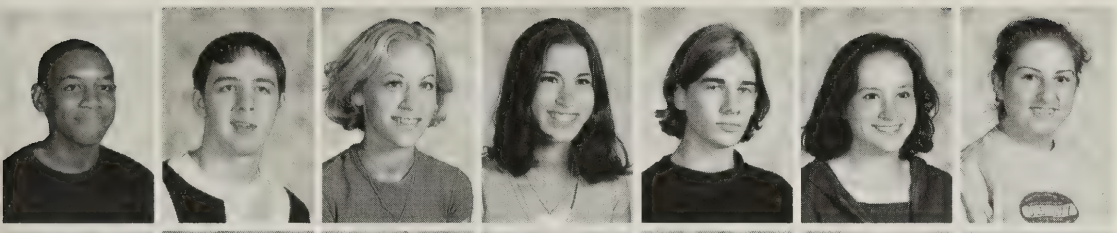
A: "I work all the time. I party a lot. I baby-sit, and I watch TV."
-Djibril Diallo, 11

A: "I hang out and drive around with friends. I go to the movies."
-CJ Johnson, 11

A: "I like the girls. I study and all that hard work keeps me up late at night."
-Steven Pittman, 11

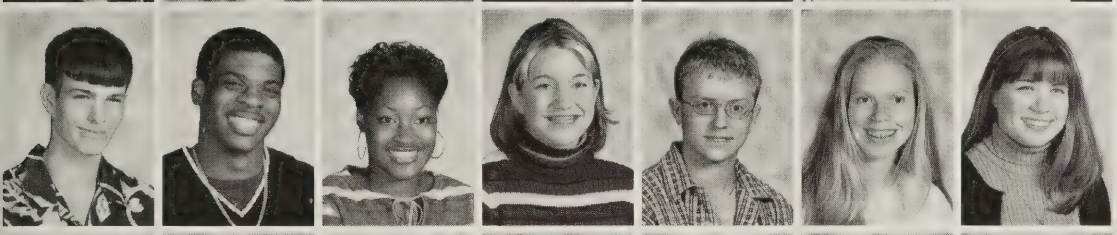
A: "Peer pressure from friends. Having fun while I am a teenager. Ask me once, I say no. Ask me twice and I am ready to go."
-Ryan Parker, 11

A: "I go parting, chill and hustling. I stimulate my mind."
-Jolanda Harrison, 11



Rogers Nunnery
Michael O'Connor
Julie Oakes
Tracy Oakes
Erik Oasen
Megan Oden
Susan Osborn

Amaka Ozah
Danielle Packham
Brandon Palmer
Komal Parekh
Ryan Parker
Jeremy Parks
Brent Parr



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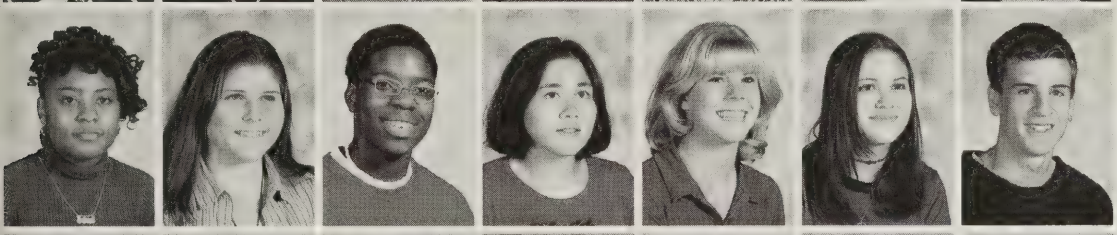

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Stephanie Porter
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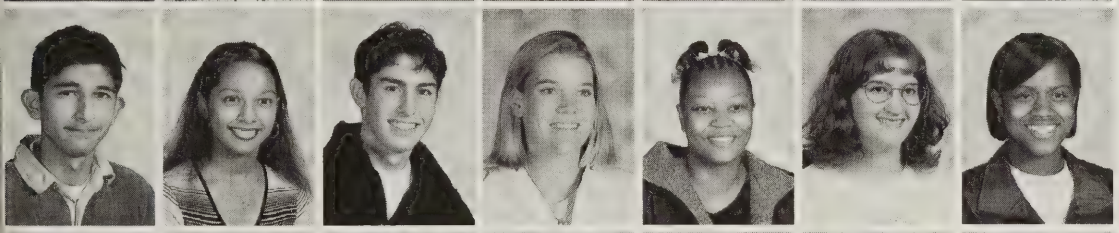

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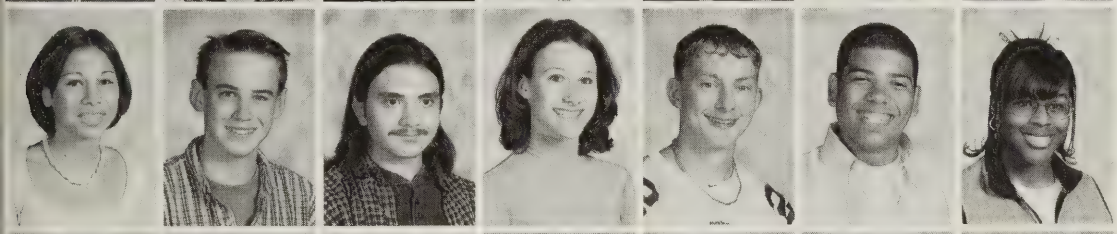
Pamela Ray
Puanani Rebeiro



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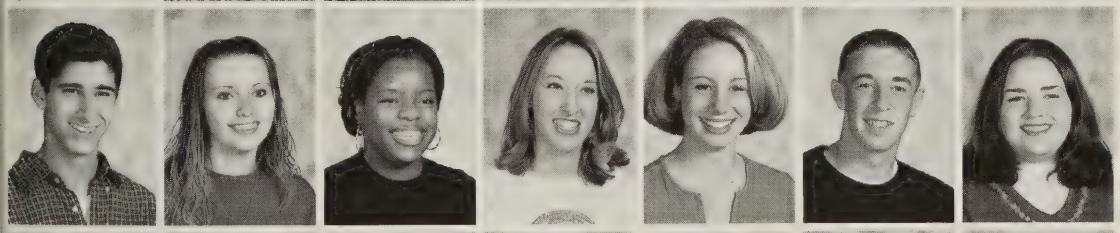

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Miranda Sanderson

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Ryan Schoonmaker
Giulietta Scovel
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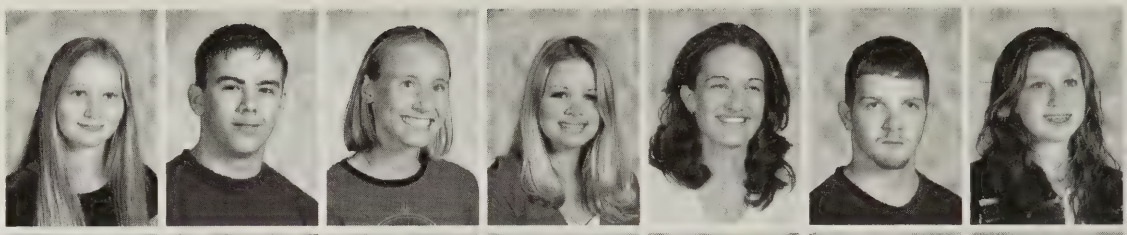
Thomas Sigman
Alandra Simmons



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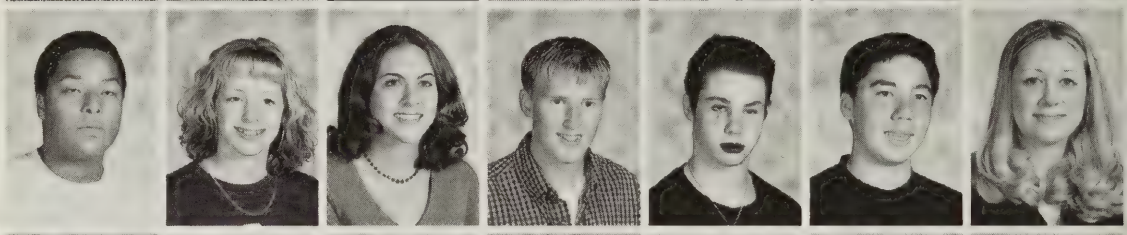
Charles Smith
Joshua Smith

Marcus Smith
Rachel Sokoly
Kristen Sondermann
Craig Sparry
Nicholas Spears
David Spence
Lisa Spence



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Gia Sprauve
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Michael Stine
Lesley Street

Justin Stringer
Juston Summerville
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Kristen Taylor
Rebecca Taylor
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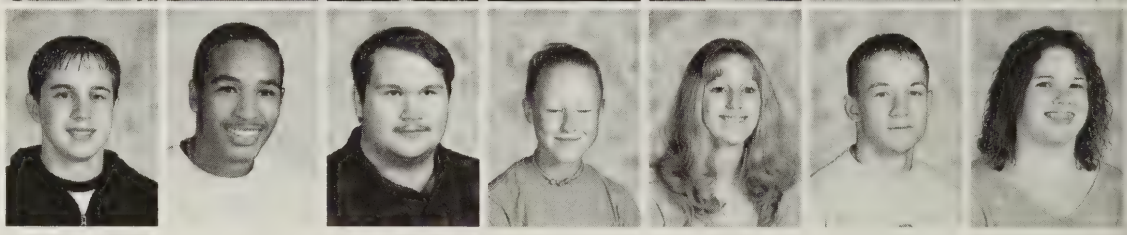
Samantha Thatcher



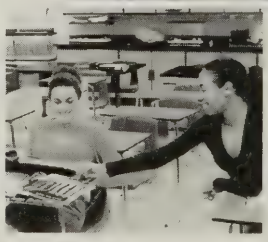
A Day In THE LIFE OF...

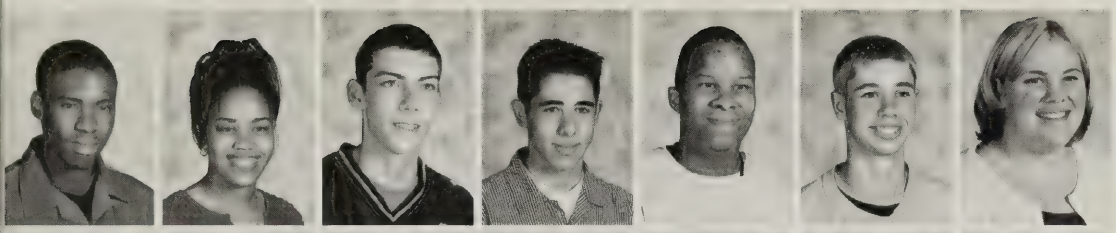
Mike Singer

6am- My alarm goes off, but I sleep for another 15 minutes
6:15-I take shower and get ready
7- pick up friends
7:15- I arrive at school and talk with friends at the breakfast table.
7:40- I go to all of my classes
2:15- After school, I go to work.
10:30- I go home and go to bed.

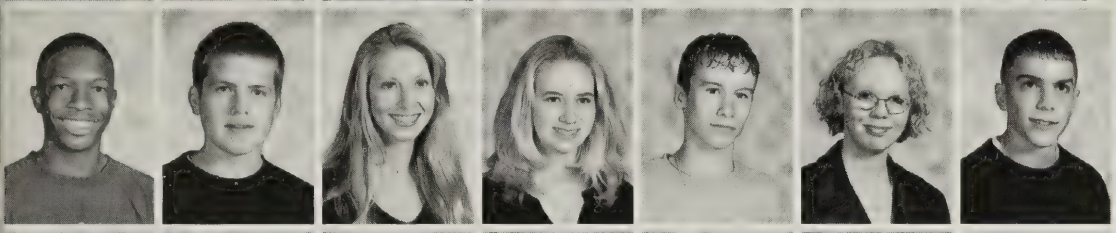
Pam Cassell

6:45- I wake up in a good mood.
7:35/:40- I arrive at school. Then i go to all of my regular classes.
2:30- When school ends i go to my after school activities like basketball and tennis.
5/5:30-I eat dinner and find some time to do homework.
8:30/9- I usually go to sleep.

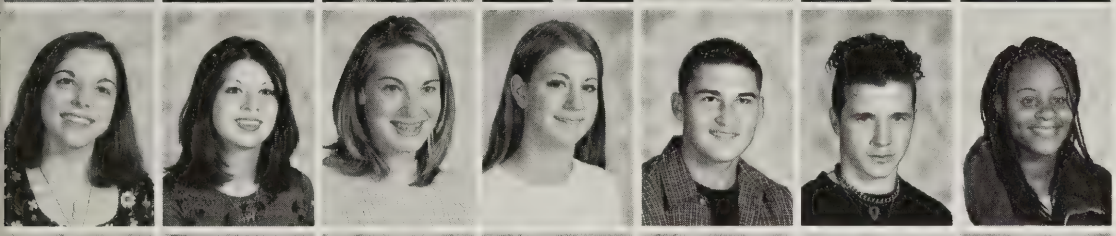




David Thompson
Shenika Thompson
Khristopher Tolbert
Joseph Tominello
Christopher Townsend
Raymond Trudnak
Amanda Tucker



Tyrone Tutson
Tyler Twombley
Serena Tyson
Lori Utterback
Christopher Veronee
Nichole Visocsky
Nicholas Wagner



Sarah Wagner
Tiphany Wall
Katie Walters
Deanna Warthen
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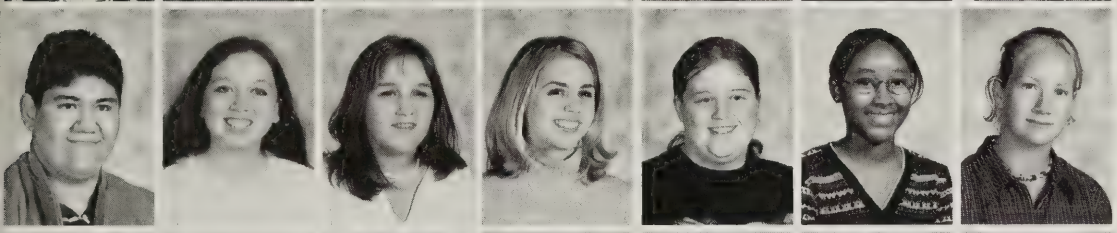
Brett Wasser
Cheryl Watson



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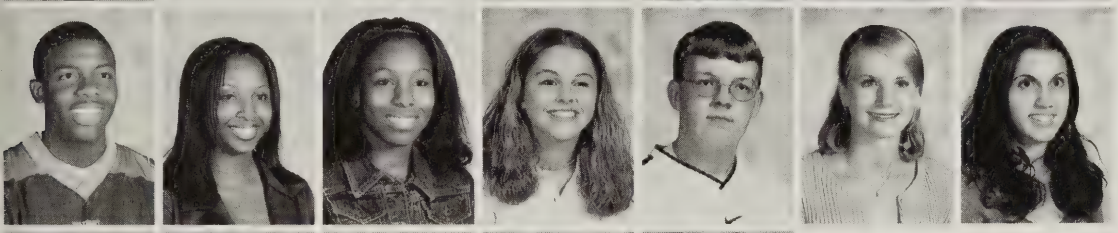
Laura Welch
Nicole Wenk
Ashley White
Elizabeth White
Nichelle Whitlock
Amy Whittle

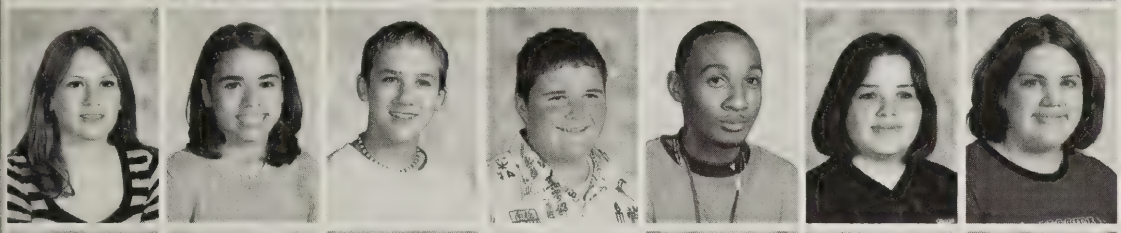


Bryan Williams
Holly Williams
Reva-Ann Williams
Tess Winkler
Kevin Wisener
Christine Wishmyer
Shauna Wolfe

Melissa Wotherspoon
Sheena Young
Francis Zaborowski
Angela Zipay
Andrew Zollner

Sophomores 2003

Nedzad Aksalic
Anwar Allen
Stephanie Allison
Mark Anderson
Matthew Anich
Christoph Anna
Gianna Aponte



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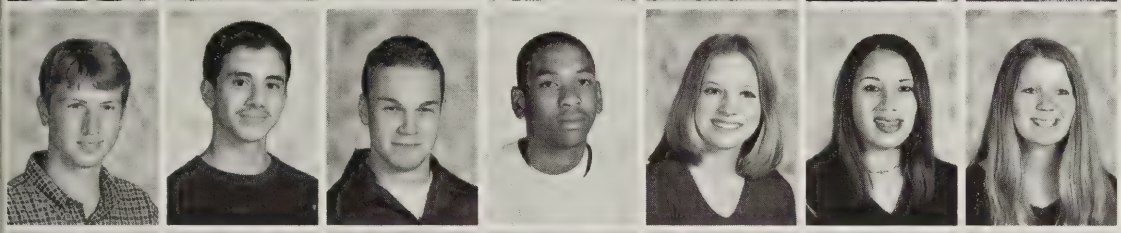
Lauren Ayres



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Peter Baca
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Carl Baker
Kaylen Baker
Jessica Baldwin
Lora Banks

James Bashay
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Christine Beer
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Nicole Bell
Ryan Bernier

Ronald Berry
Manish Bhalani
Dionna Billingsley
Ryan Blau
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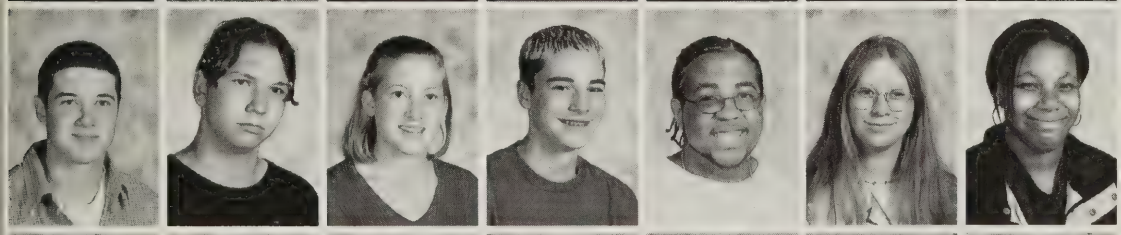
Mitchell Bowen
Alexander Bowlding



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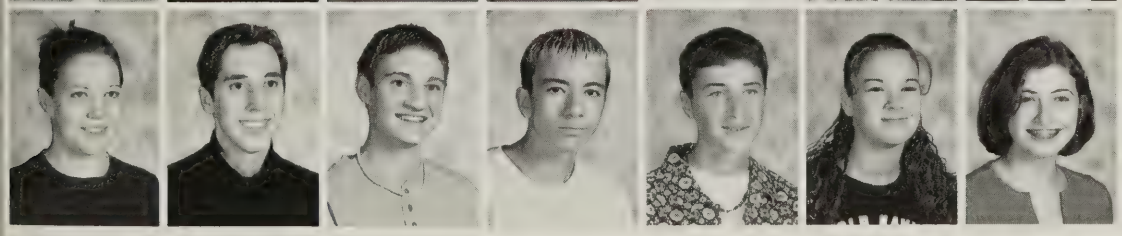
Robert Boyer
Carolyn Bradford
Steven Bray
Shawn Brice
Katya Brodowski
Timmyah Brooks



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Stephen Brown
Erik Bruce
Cliff Bruneau
Jameson Brunkow
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Sarah Budowle

Janelda Fe Buenaventura
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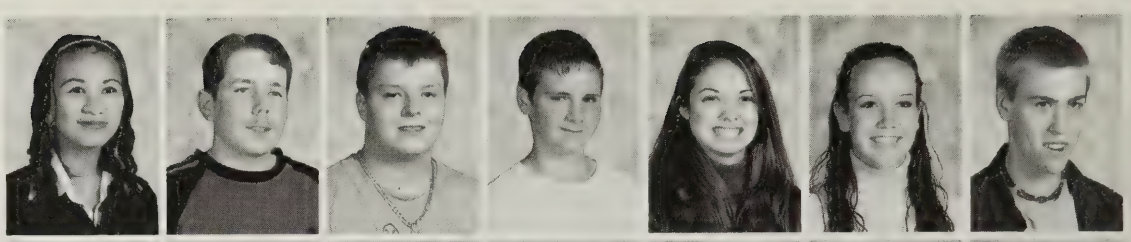
Roger Bunch
Alex Bunyard
Amber Burke
Laura Burlingham
Jeremy Buskirk



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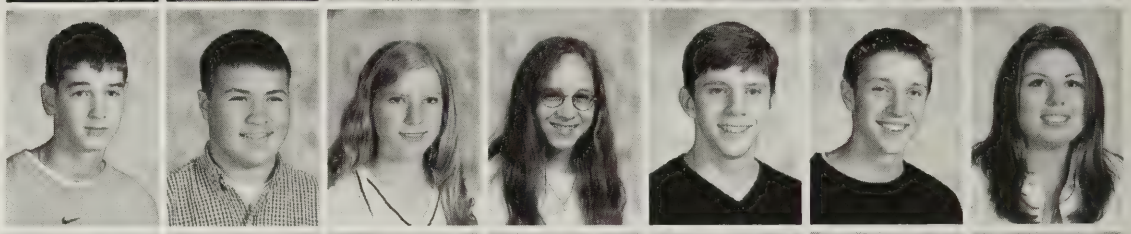
Melanie Carter
Virginia Carter
Benjiman Casey
Nickolas Casey
Ashley Castro



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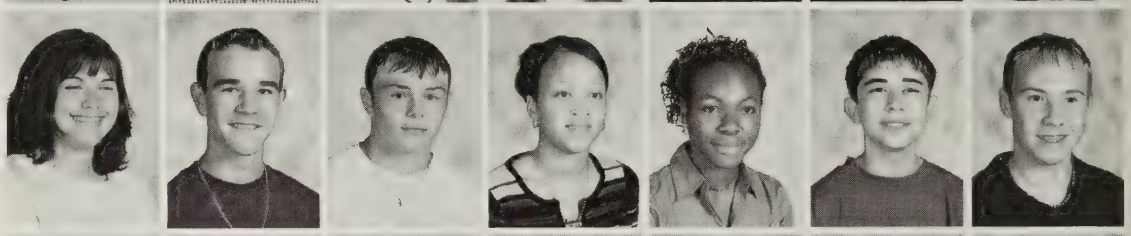

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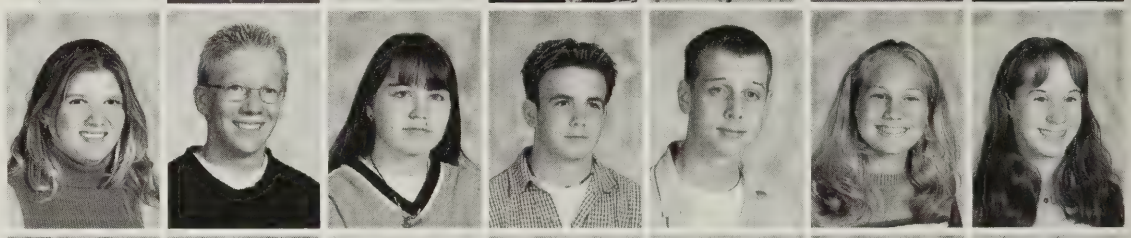

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Mark D'Amico
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Raven Daniels
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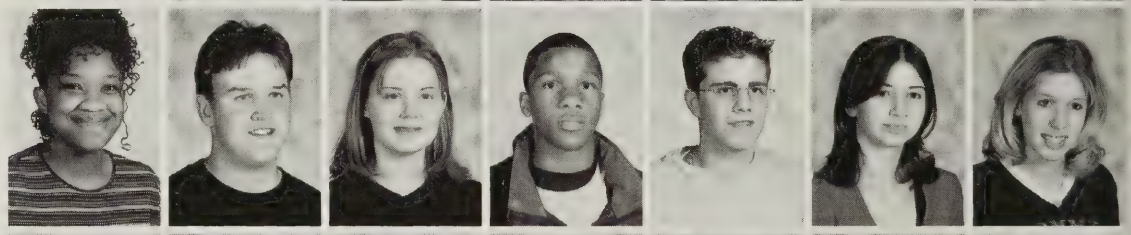

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Dominic Derricotte
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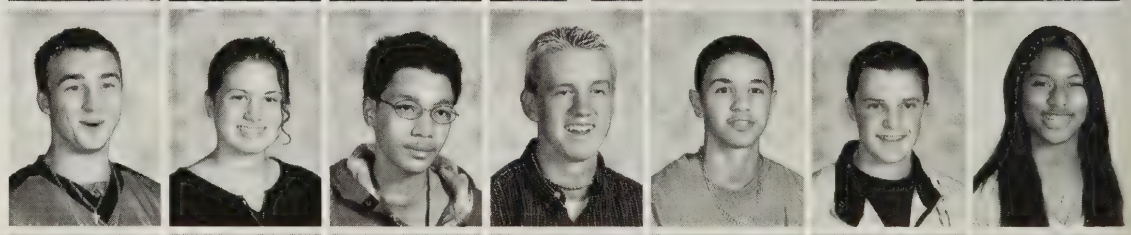

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Erica Doolittle
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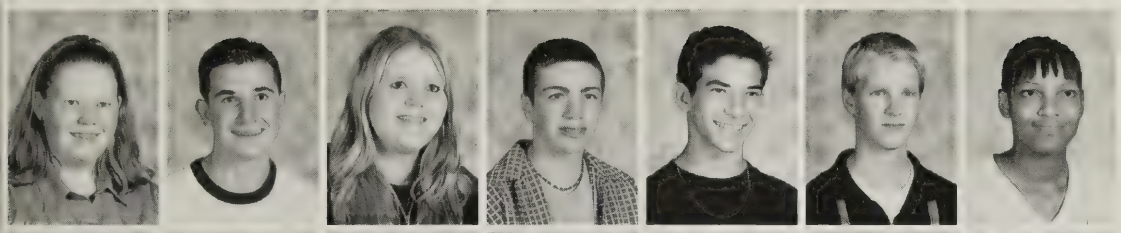
Justin Doyle
Jaunteasha Dunbar



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Cory Dykstra
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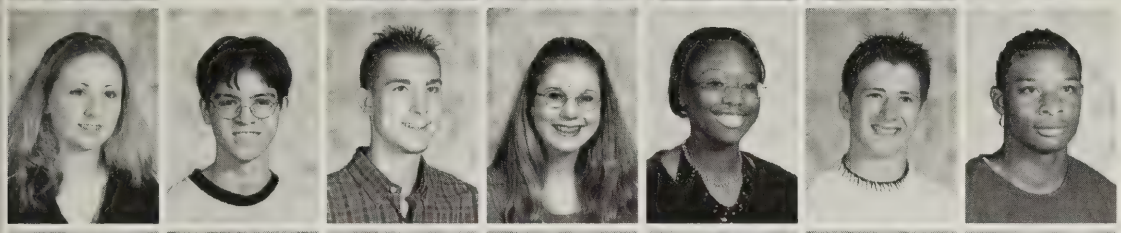
Rachelle Edwards



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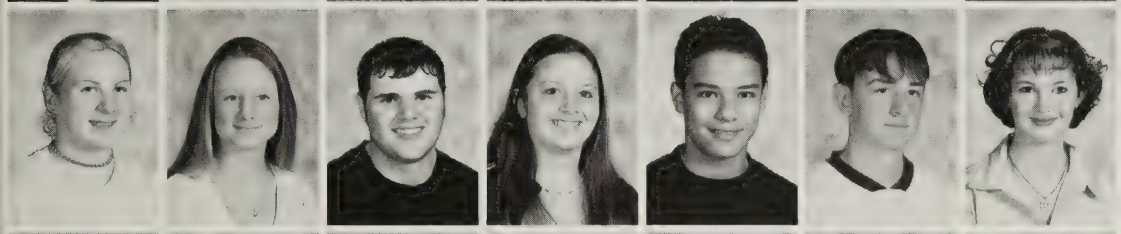
Robert Elsenpeter
Tamara Elsenpeter
Amanda Elston
David Emison
Anthony Evans



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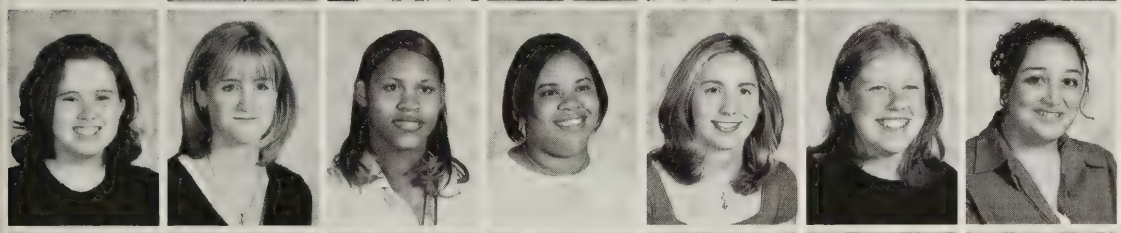

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Keira Gamer
Nicole Gardner
Mary Gibbons
Carol Gilbert
Felicia Gillette

Sarah Giordano
Sean Golden
Robert Green
Ryan Griffin
John Grove
Carl Hagen
Ann Halligan

Q&A What Is Your EXCUSE?

A: "For my chores, I tell my mom that my sister is doing them for me, especially when I have to clean the bathrooms. I just hate doing them." -Amanda Dennis, 10

A: "My locker is jammed and the custodian won't help. Or, I lost my book." -Maile Daniels, 10

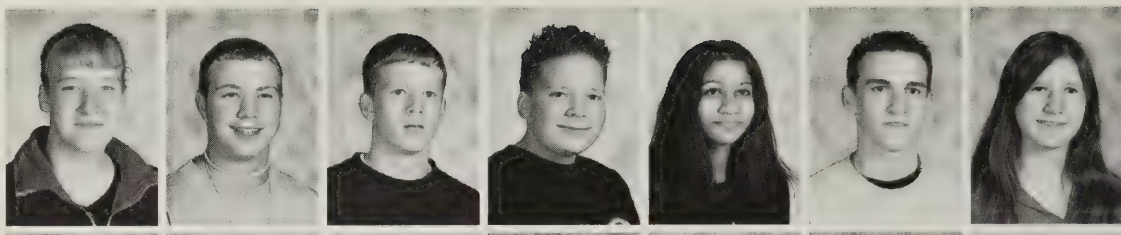
A: "I tell my teachers that my homework is sitting on my desk at home." -Beau Bevard, 10

A: "I say I have a stomach ache when I don't want to do my homework or chores. It sometimes works." -Stephen Hughes, 10

A: "When I didn't do my homework, I tell my teacher that I had to work and there was no time to do my homework." -Lyndsey Duncan, 10

A: "I didn't want to do it!" -Brian Jagues, 10

Jennifer Hamed
Charles Hamilton
John Harper
Travis Hart
Mehmuna Hasan
Robert Hassinger
Bethany Hauck



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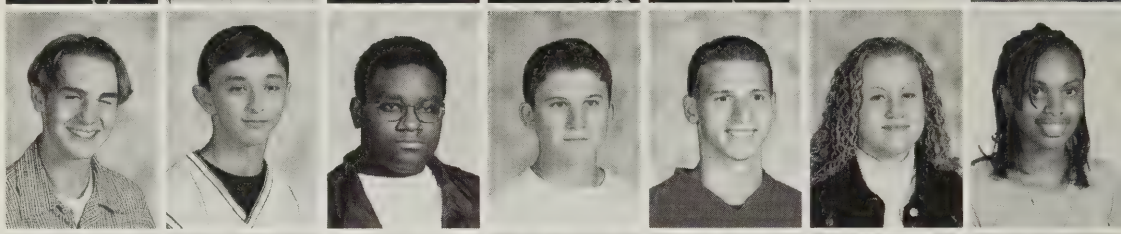
James Hembrey
Michael Henry
Daniel Herzog
Holly Hickman
Rochelle Hill



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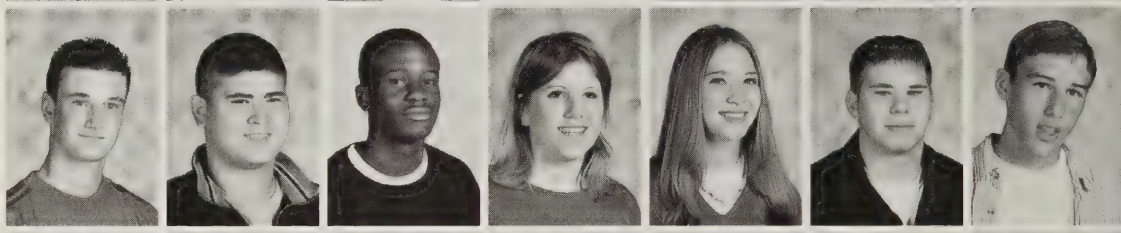
Fidel Hoggard
Amanda Hohman
Ashley Hollis
Michael Holman
Stephen Hornbeck



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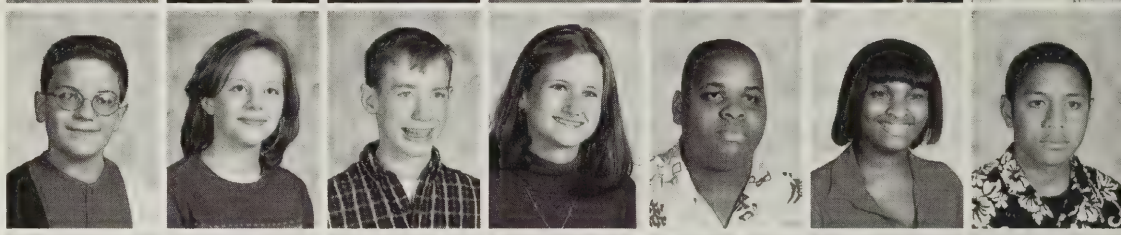
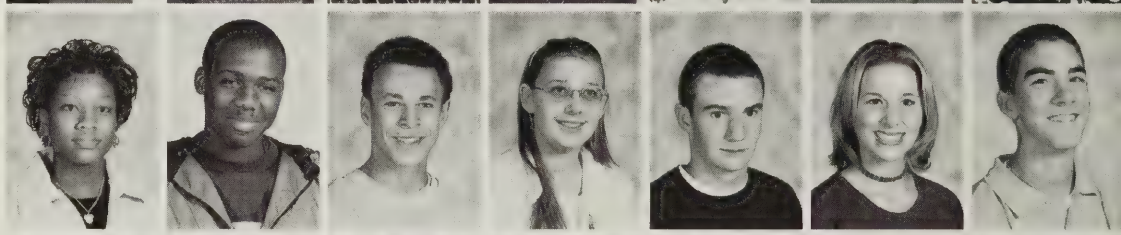
Jenifer Huckabone
Justin Hudson
Lauren Hudson
Ernest Hughes
Felicia Hutcherson
Kaleb Ilaoa



Pernisha Ilori
Adrian Jackson
Nolan Jackson
Susan James
Brian Jaques
Julie Jaworowski
John Jenkins



Eddie Johnson
Adam Jones
Ashley Jones
Centria Jones
Kayleigh Jones
Tiffany Jones
Fabiola Jourdain

What Is Your Worst VACATION MEMORY?

"I was in China with my family and we were touring these ancient towers. I fell down three flights of stairs and I got back up and fell again. All of these people were laughing at me in Chinese."

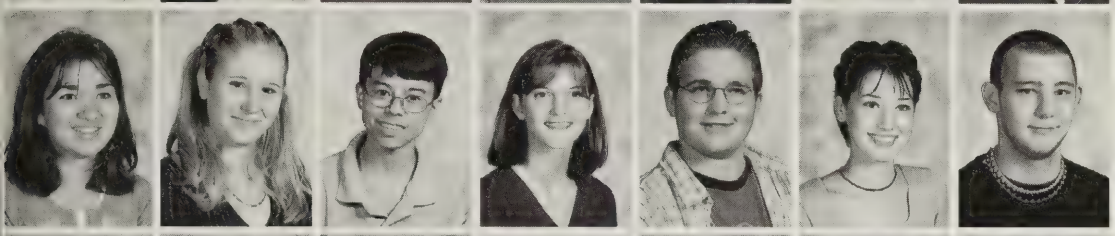
-Jennifer Ortiz, 10

"One time, my family and I went to Disney World. On the third day there, we went to the water park. I went down a really big slide and my top came off. I had to wait at the bottom for it to finally come down."

-Sarah Whisman, 10

Jamie Judd
Kathleen Kaulfers
Joshua Keene
Stephanie Keener
Bridgett Kelley
Kristen Kelly
Brookelynn Kemp

Ryan Kennedy
Elleri Kerr
Lawrence King
Renata Kirk
Meghan Kline
Katrina Kraft
Casey Kreft



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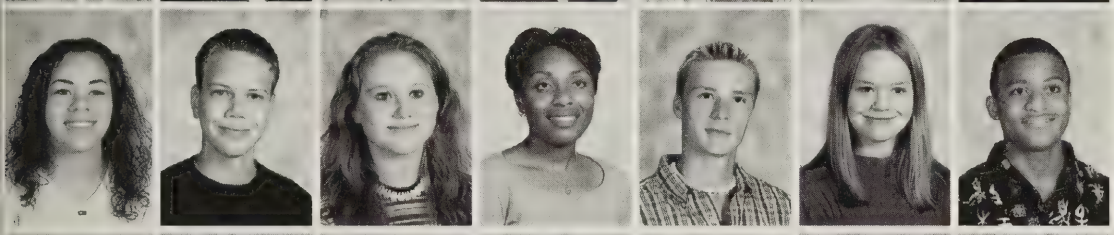
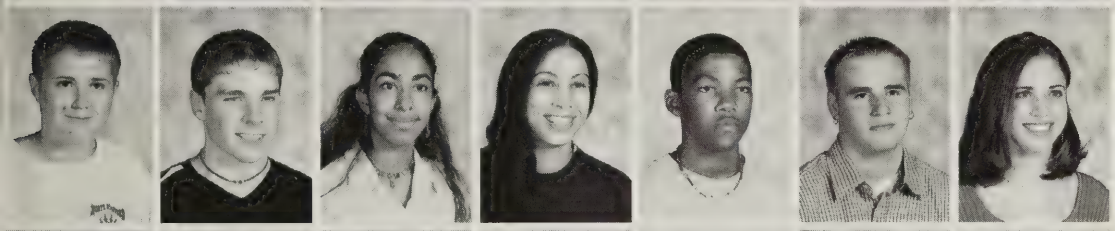
Christina Lane
Kyle Lareza
Jessica Lavinder
Andrew Lavinus
Dezarae Lawlor
Joel Leblanc



Rae Levesque
Jonathan Liard
Krista Little
Kasaundra Long
Deon Loucks
Rochelle Love
Eric Lugg



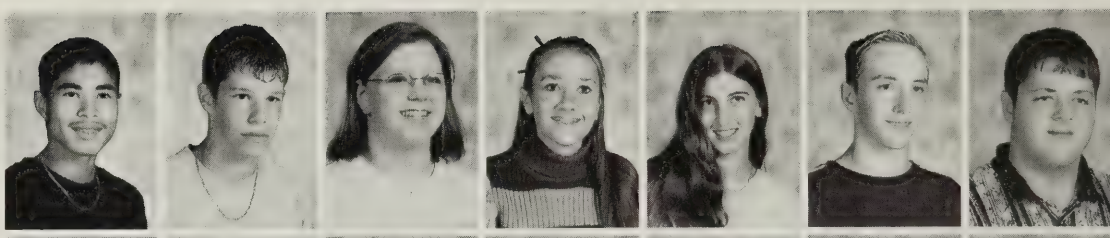
William MacEcevic
Kyle MacLaird
Natasha Malik
Adrian Marcano
Jonathan Marlowe
Christopher Mathewson
Jennifer Mauer

Timothy McAdams
Ashleigh McClure
Brandon McCreedy
Christoph McDonald
Tyrone McFarland
Valerie McKenzie
Krystal Meadows

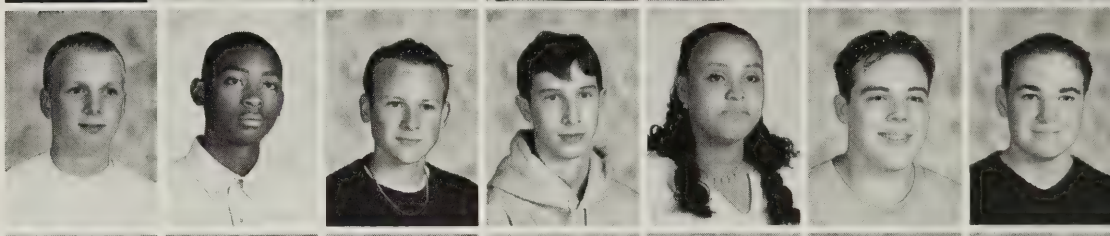
"I was in North Carolina with my family and my best friend when I was 11. I was swimming in the water and got pulled under by an undertow. The rescuers had to come and get me out of the water. That was the scariest moment of my life."
-Ashleigh McClure, 10

"At Niagara Falls, we were running down this hill to get to the falls, and at the bottom was a mud pit and a log. I missed the log and got all muddy. Then later I tripped on the stairs and did a couple somersaults in front of millions of people."
-Amanda Dennis, 10

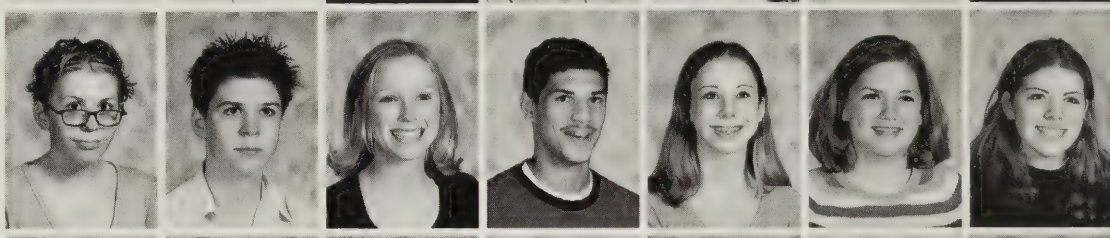
Alejandro Medina
Joshua Mercer
Katharine Merritt
Casey Middleton
Fawn Miller
Joshua Miller
Matthew Miller



Matthew Miner
Devin Mitchell
Matt Mitchell
James Mix
Vanessa Mohammed
Christoph Molinaro
Christopher Monaccio



MacKenzie Monday
Zachary Monday
Jessica Moore
Jorge Morales-Torres
Shannon Moreau
Sydney M. Morgan
Shannon Mosley



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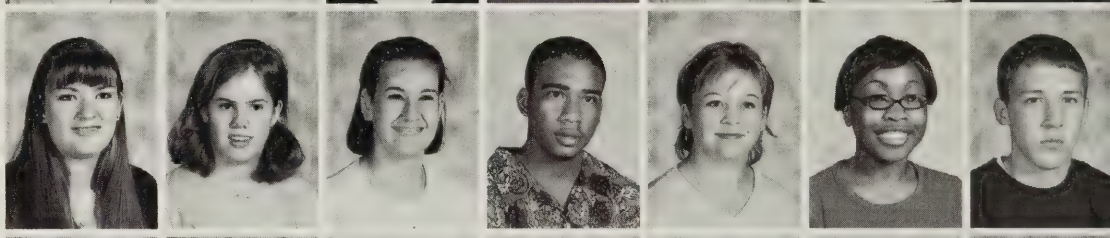
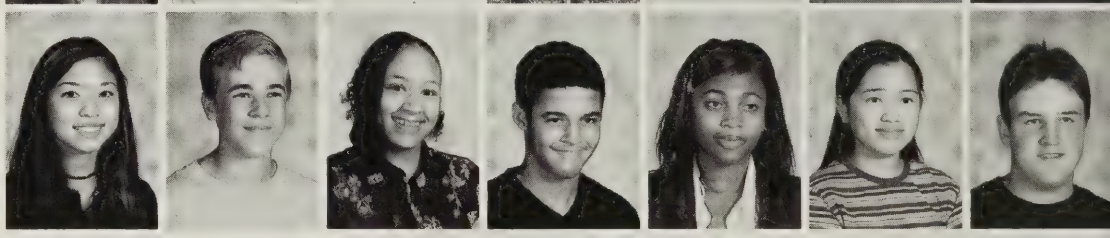
Melanie Mullaney
Teresa Murgo
Jonathan Murray
Natalie Murray
Patricia Mwila
Kevin Myers



Robyn Nakamoto
Alexander Nelson
Jitendra Nelson
Michael Neveu
Chontil Neville
Alicia Nguyen
David Nichols

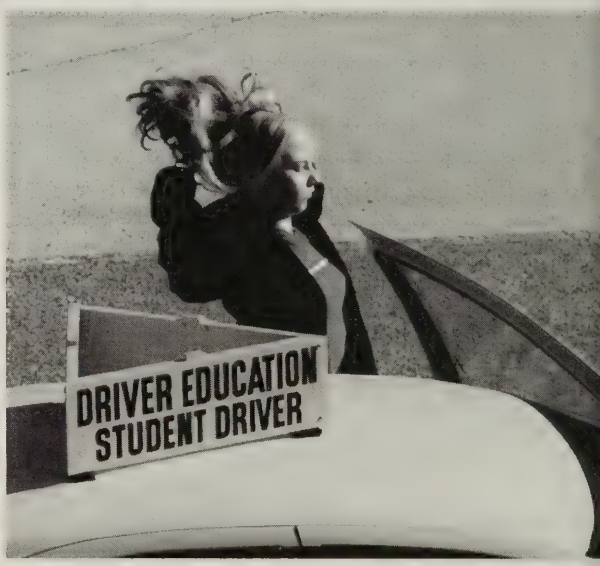


Rollin... Rollin... ROLLIN...ROLLIN...

Starting to drive is exciting, scary, and fun. Sophomores were anxious for it because they thought of it as total freedom and a fun way to hang out with friends. "I'm excited, it makes me feel older seeing my friends driving," said sophomore Jen Van Oort.

While driving may have been exciting for some it was a little frightening. "Starting to drive is very scary because there has been many a time I have run off the road and nearly hit a lamp pole," said sophomore Erica Ziegenhorn.

Although it may have sounded scary at some times, it was also a fun experience for many new drivers. "It will be really fun to go 'cruisin' with my friends," said sophomore Sydney Morgan. Cruisin', rollin', and hangin' are all fun, but with all fun comes responsibility. -Christina Stevens



The Post-drive stretch...After a class period of driving, sophomore Kelly Schleer flips her hair and adjusts her jacket. Taking behind the wheel was one of the highlights of the sophomore school year.

Andre Nicholson
Amtul Noor
Krystale Noriega
Allyson O'Neill
Kari Olechowicz
Krista Olechowicz
Jamie Oliver

Anita Ori
Jennifer Ortiz
Leslie Owens
Joshua Pacheco
Kristina Palangi
Traudlinde Pelletier
John Perren

James Perry
Leslie Peters
Matthew Peterson
Tucker Peterson
Jessica Phillips
Jamilla Philson
Ryan Pittinger

Robert Poetta
Eric Poorbaugh
Jonathan Pope
Sean Potter
Curtis Price
Jimmy Price
Karen Price

Larissa Pyatt
Shamim Rashid
Gavin Reed
Kayondra Reid
Emily Renick
Jonathan Riggs
Christopher Rivera

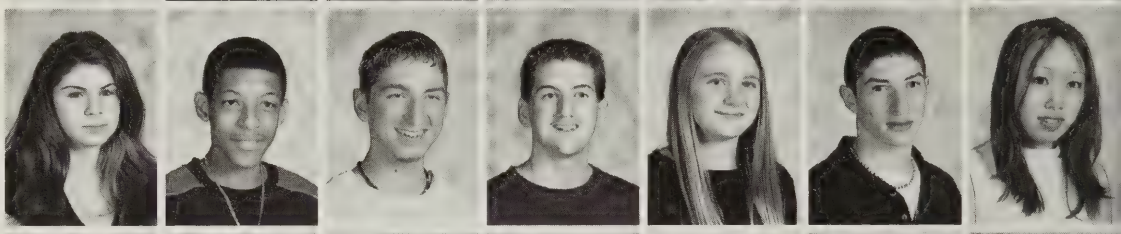
Adrienne Robinson
Ashley Romano
John Romett
Ryan Rowson
Lindsey Rufo
Daniel Saenz
Jered Sanders

Madonna Sanders
Melissa Sargent
Charles Sarvis
Jessica Savage
Matthew Savarese
Danielle Scanlon
Jennifer Schimpf

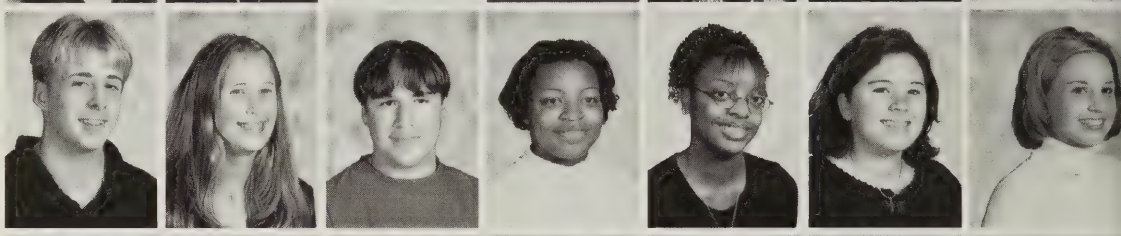
Kelli Schloer
Peter Schomp
Tara Schram
Cynthia Schweer
Samuel Sebero
Amanda Sharp
Elizabeth Shotwell

Sabrina Shull
Jennifer Simon
Lindsay Simpson
Stefanie Simpson
Kelly Sines
Jennifer Sisk
Andrew Smaltz

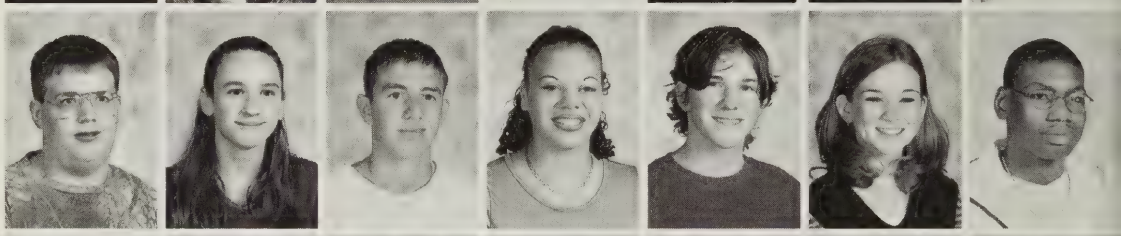
Ashley Smith
Brandon Smith
Christopher Smith
Joseph Smith
Laura Smith
Andrew Smithey
Rowena Soukkhaseum



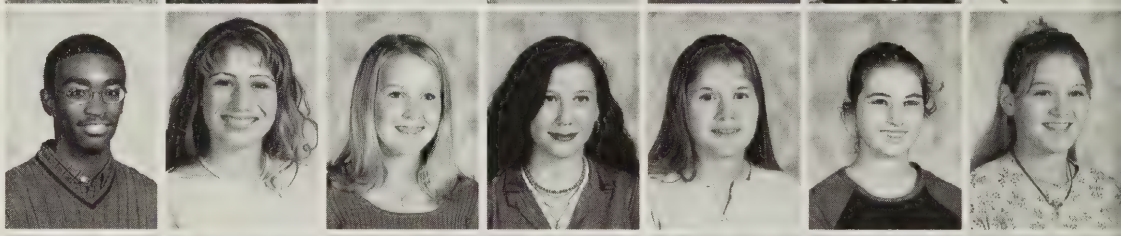
Jonathon Soulier
Kelly Sparry
Kevin Specht
Jennifer Speight
Josalyn Speight
Megan Spencer
Rebecca Spencer



Ryan Spriggs
Cassandra Stafford
Ryan Stanley
Deborah Starr
Charles Stevens
Christina Stevens
Marque Stewart



Patrick Still
Alta Stokes
Beatrice Stormer
Elicia Strawderman
Jessica Stringer
Telia Stuple
Crystal Suarez



Laura Sullivan
Brittany Summerhill
Diana Sutphin
Carly Swanson
Katherine Swecker
Ashley Sweeney
Kenneth Sweeney

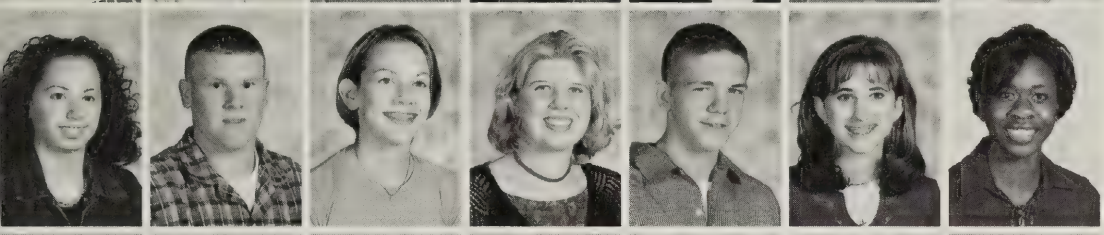
Sylvia Tawadrous
Courtney Taylor
John Thompson
Lanaisha Thompson
Megan Tice
Jennifer Toney
Clarissa Tornai

A Day In THE LIFE OF...

Mike Colling

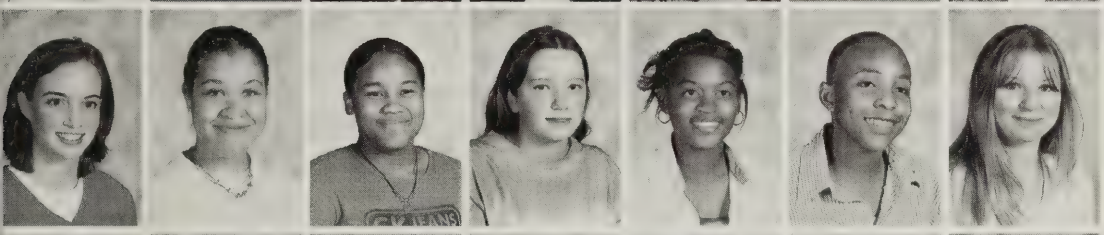
6:45 I wake up to my dog kicking me in the head.
7:05 I leave for school.
7:45 I go to all of my classes, and between classes I buy a cherry coke.
2:15 I go home, greet my pets.
3:00 I go to my friends house. I play playstation with my friends
9:00 I get home. My girlfriend calls me, and I eat some more food.

Nicole Truman
Nikki Truman
Le'Cha Tyson
Jennifer Van Oort
Christine Vance
Rebecca Varni
Chawrdi Verser

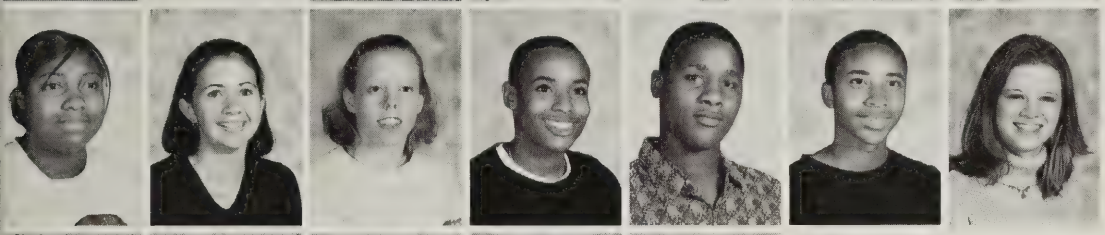


Jennifer Villacres
Robert Wagner
CoCo Walters
Candace Walton
Derek Ward
Wendy Warren
Cantrell Wells

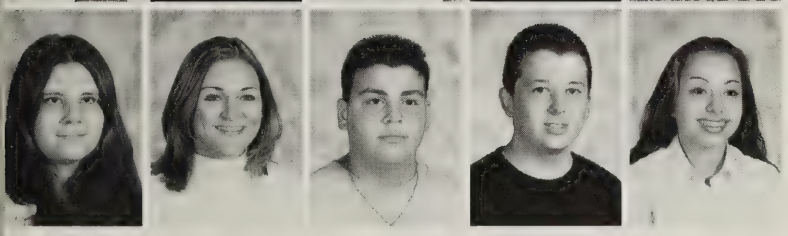
Merideth Westerholm
Rory Weston
James Whaley
December 29, 1984 - October 31, 2000
Sarah Whisman
Alexis White
Ryan White
Joshua Whitney



Julianne Whitten
Angela Wicker
Carnita Wilkins
Victoria Willard
Amber Williams
Garison Williams
Tamara Williams



Tania Williams
Rebecca Williamson
Kaelan Wilshaw
Brandon Wilson
Steve Wilson
James Wimbush
Tabitha Winstead



Leigh Wright
Paige Zacharzuk
Andrew Zayas
Adam Zeiser
Erica Ziegenhorn

Freshmen 2004

David Abraham
Donald Abrahamson
Adam Ahmed
Brian Alberts
Sheela Alderman
Sean Aldo
Alana Alexander

Vincent Allen
Candice Andrews
Desmond Ang
Timothy Archuletta
Ieisha Arnett
Mary Ashby
Latisha Ayers

Jenelle Baker
Stephanie Baker
Christoph Baldwin
Jessica Baldwin
Shawna Baldwin
Albert Barnett
Brittany Bartlett

Sarah Bassford
Tina Beer
Amanda Bell
Paul Bell
Kristin Berg
Havish Bhalani
Shannon Bibb

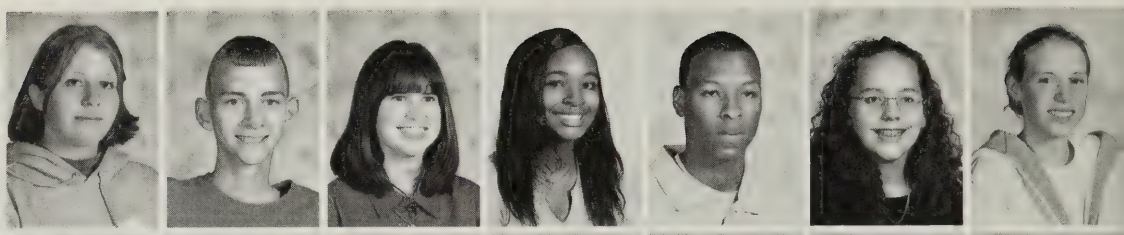
Tiffany Bill
Jamar Billingsley
Ian Black
Allise Blackman
Cori Blanch
John Blatchford
Denford Blevins

Kira Bloom
Jennifer Blundell
Benjamin Boggs
Thomas Bohman
Nicholas Booth
Desiren Boyd
Colleen Bressler

Stacey Brignano
Donald Brookins
Laura Brooks
Ashlee Brown
Derek Brown
Erin Brown
Matthew Brown

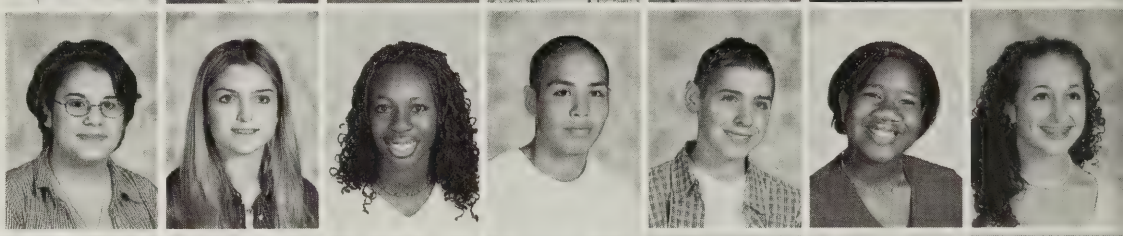
Nina Brown
Paige Brown
Jamie Brundage
Andrew Bryan
Willie Bryant
Jennifer Buenaventura
Tierra Bumbrey

Ashley Bunch
Sean Burke
Justine Bushore
Ami Camp
Lucien Cannonier
Kerri Cano
Kirstin Capparra

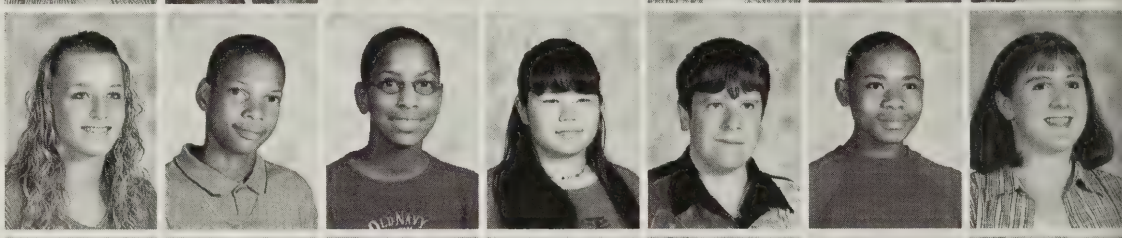


Cassandra Carlton
Jessica Carmon
Sandra Casco
David Cash
Rebecca Cassi
Mallory Cerny
Chad Chambers

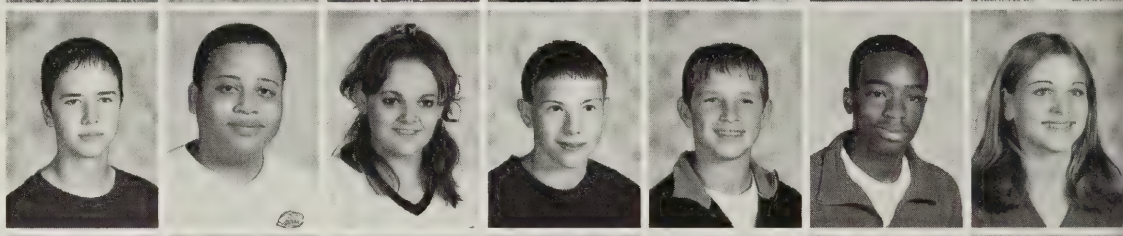
Ashley Chavez
Amanda Childress
Muso Chukwu
Joshua Cifuentes
Jeremy Clover
Tareva Coffield
Kristen Coia



Megan Coller
Mathew Collier
Shadae Collins
Amanda Cooper
Richard Cooper
Cory Cotton
Sarah Couch



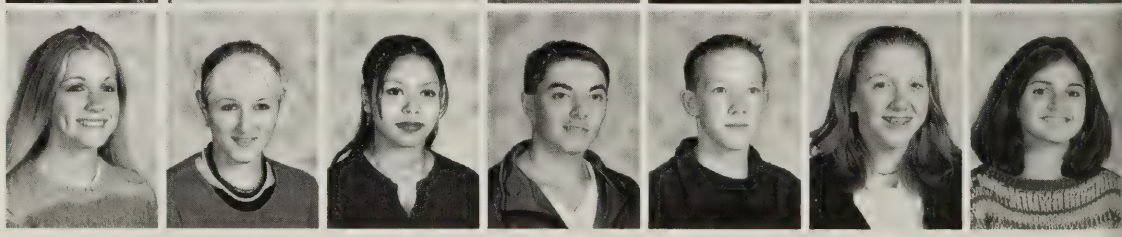
Michael Crawford
Alexander Crenshaw
Mindy Crownover
Benjamin Curtis
Brice Dahnert
Hayneswort Daley
Jacquelyn Dalton



Robert Davis
Amanda Day
Brandee Dean
Kellen Dean
Quincy Dean
John Deasy
Jessica Deditch

Kristina Dehart
Chris Deltoro
Michael Denas
Denyse Derricotte
Alexander Di Dio
Nicole Di Lisio
Jessica Diezel

Nicole Dilisio
Felicia Dirosario
Jessica Doering
Derek Dolin
Gregory Dorr
Nichole Dunn
Christine Dunphy



Jasmine Durham
Shunteal During
Thomas Durst
Trevor Dwyer
Jennifer Edmond
Mitchella Edmunds
Cherelle Elliott

Travis Evans
Nicole Everetts
Michael Fairweather
Jennifer Feldhaus
Andrew Feldman
Michael Ferguson
Tishiki Ferguson

Natalie Fields
Julianne Fischer
Andrew Fitzgerald
Nicholas Fitzgerald
Brooke Fleming
Adam Fletcher
Ivan Flores

Lindsay Flower
Justin Fortier
David Foss
Nathaniel Foster
Amie Fowler
Julia Foxworth
Emily Frank

Derrick Franklin
Elizabeth Franklin
Jennifer Fries
Gian Galang
Alli Galvin
Duane Gary
James Geris

Ashley Hall

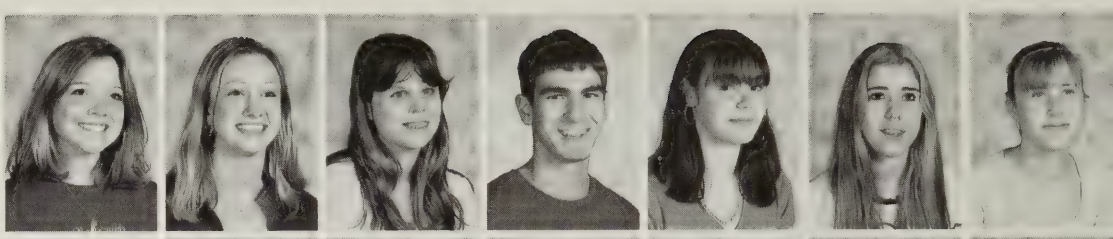
$A^2+B^2=C^2$... In Geometry class, freshman Christina Manno, pays close attention to the SOL requirements being taught by Mrs. Chewning.

Can't Pass? YOU'RE SO OUTTA LUCK

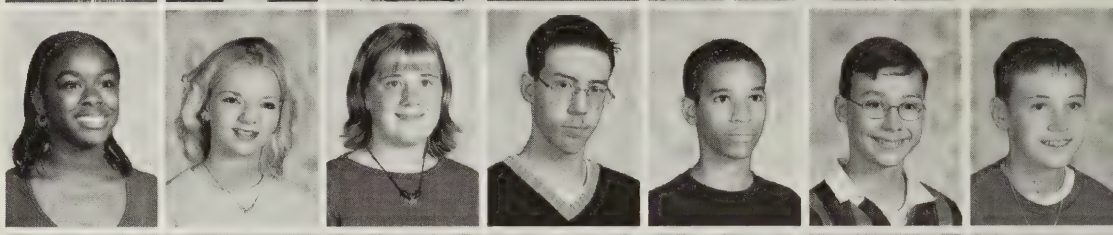
Chills were sent down the spines of students as three terrible words were spoken: Standards of Learning. Standards of Learning, or SOLs, were required to graduate for the class of 2004. Each freshmen had to pass 6 end-of-course tests and two sequenced electives in order to graduate. The end-of-course tests were given in language arts, science, history and math. "I think the SOLs are stupid. You can't base intelligence on one test," said freshmen Justine Bushore said.

Because the passing ration was so important, teachers were not able to alleviate the students' stress. Teachers drilled information into students heads purposely to cover the SOL curriculum. " I don't like how teachers say you're not going to pass the SOL's unless you learn this, said freshman Jenifer Buenaventura. The SOL tests put an unfair strain on students. However, students managed to deal with the added stress, and fear of not passing. -Kristina Arnold

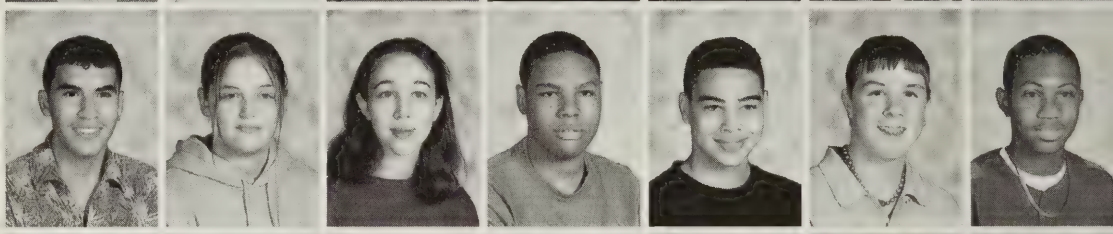
Heidi Gibson
Addie Gilason
Amy Gillis
Kristopher Goad
Stephanie Gockley
Ashley Goff
Sheyanne Gonzalez



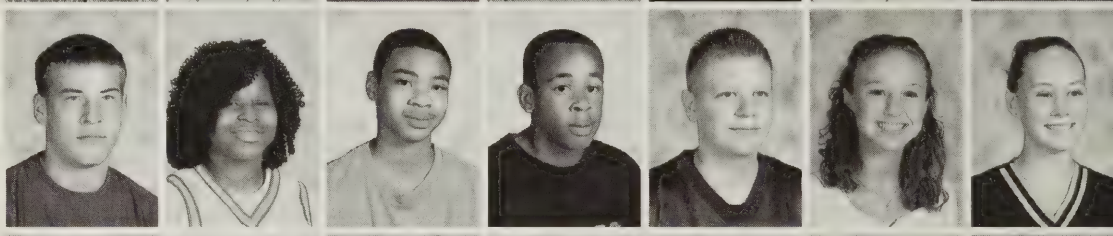
Latesha Goode
Tiffany Gray
Rebecca Graybeal
Brandon Green
Kacey Green
William Green
Sean Grogg



Jose Guadalupe
Samantha Guerra
Katharine Haig
Marques Hale
Kevin Hall
Kenneth Hamilton
Julian Hardison

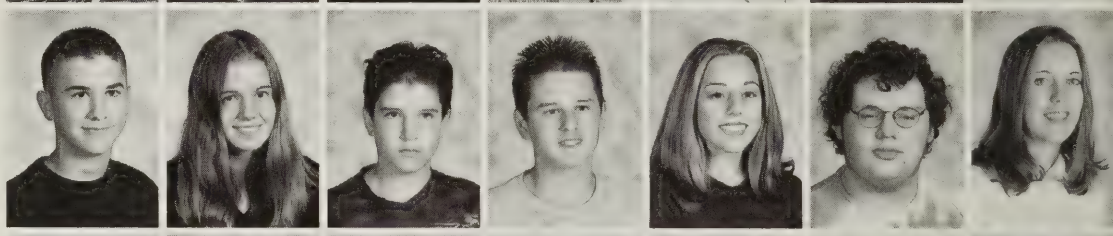


Daniel Harrigan
Jacqueline Harris
James Harris
Alex Hayes
James Heflin
Carly Heidelbach
Laura Hemleben

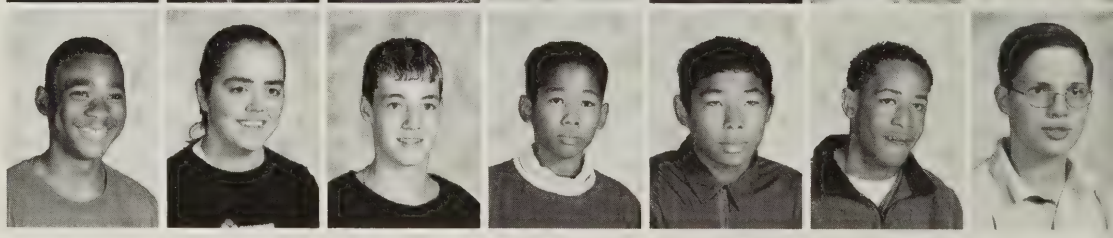


Thomas Henion
Octavia Herbert
Allan Hernandez
Andrea Hester
Angela Hester
Andrea Hevia
Sharon Higgins

Stephen Higgins
Joanna Hodgens
Thomas Hogdahl
Raymond Hoy
Shannon Hudkins
Joel Hudson
Emily Hunter



Marcus Hunter
Amber Hurley
Mark Hutchison
Bryan Irvin
Elisiah Irvin
Lionel Jackson
Philip Jackson



Q&A *How Do You Make The* TRANSITION?

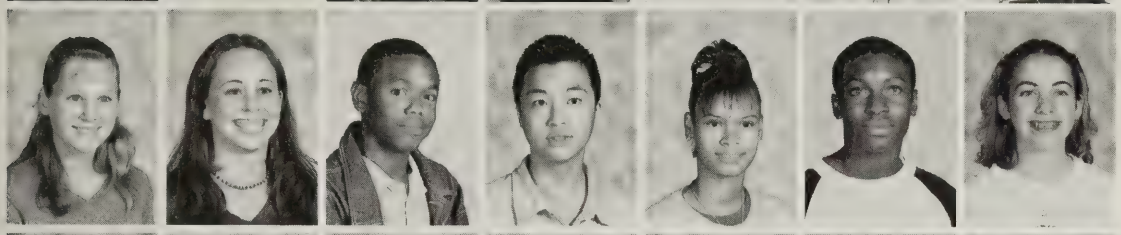
A: "Everybody thought it would be really intimidating, but it really wasn't." -Alli Galvin, 9

A: "You think middle school is really cool and then you come to the high school and see how stupid it was." -Jaci Wasek, 9

A: "I feel the same... I have met new people from other schools and there are a lot more girls!" -Kelvin Lloyd, 9

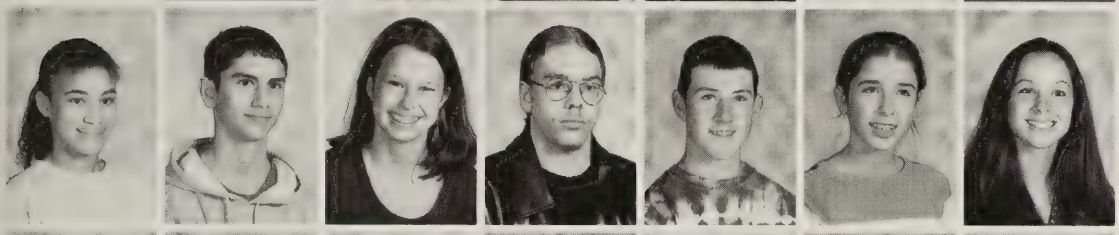
A: "At first I expected more different things to happen, but it's the same." - Chad Chambers, 9

Richard Jackson
Timothy Jaffry
Amanda Jenkins
Latoya Johnson
William Johnson
Haylie Jones
Jason Jones

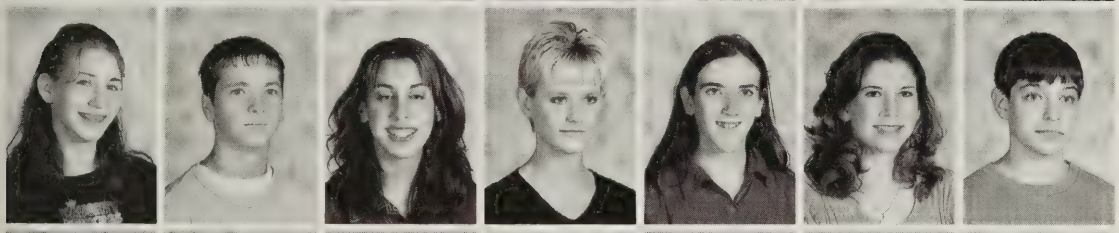


Katie Jones
Shannon Jones
Terran Jones
Ross Joo
Chrystin Jordan
Kevon Julien
Kathryn Kaczmar

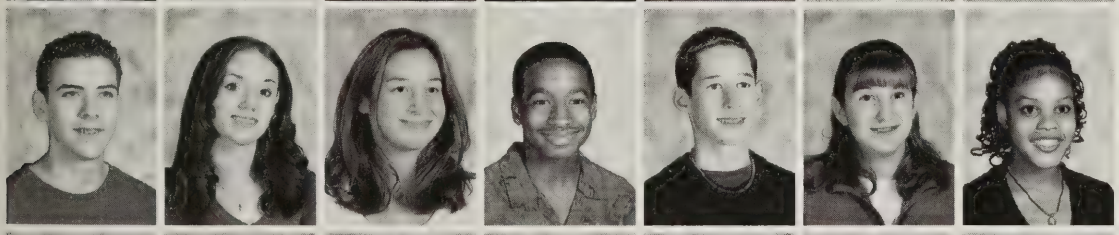
Elaine Kammer
Justin Kane
Raymond Keller
Christine Kerrick
Jessica Kerrick
Sarah Kerrick
Jessie Kidd



Courtney King
Ryan King
Samantha King
William Kissenberger
Ryan Kistler
Alison Kitzerow
Tessa Kofler



Kristi Kottmyer
Benjamin Krasinski
Alexis Krestos
Karina Kwiatkowski
Cassandra Landon
Kimberly Larson
Brian Lashier



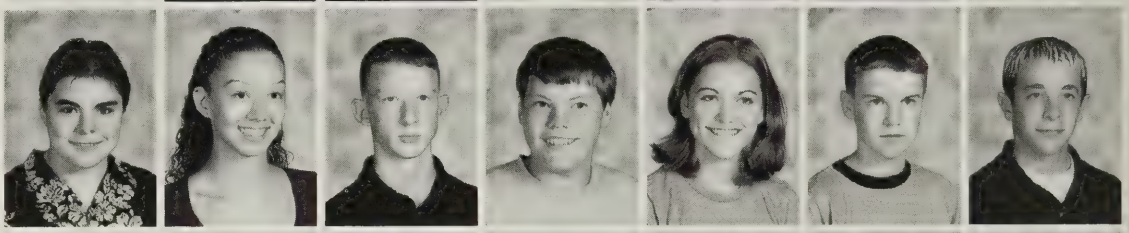
Daniel Lavoie
Lauren Lawson
Caroline Lecakes
Anthony Lee
James Leeds
Jennifer Lett
Jasman Lewis

Stephanie Leyva
Jennifer Lincoln
Kristi Lindberg
Devon Little
James Lloyd
Kelvin Lloyd
Jessica Loew

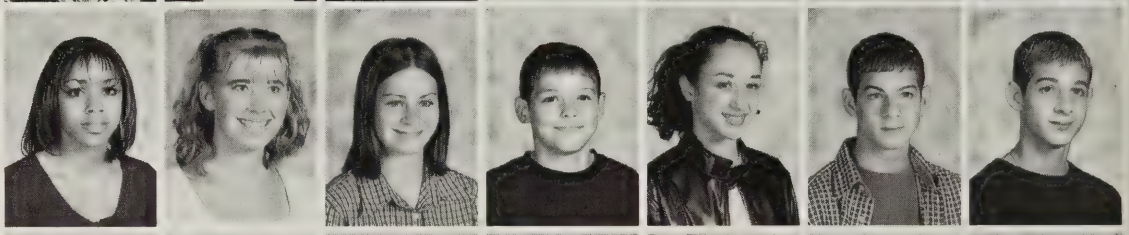
Toni Long
Genna Love
Nicholas Loving
Kimberly Luckey
Caitlin Ludlow
Kimberly Lytle
Sarah Magee

Ryan Malkiewicz
Cristina Manno
Daniel Marshall
Ruth Martini
Kristel Maxwell
William Mazzoli
Tiffany Mc enzie

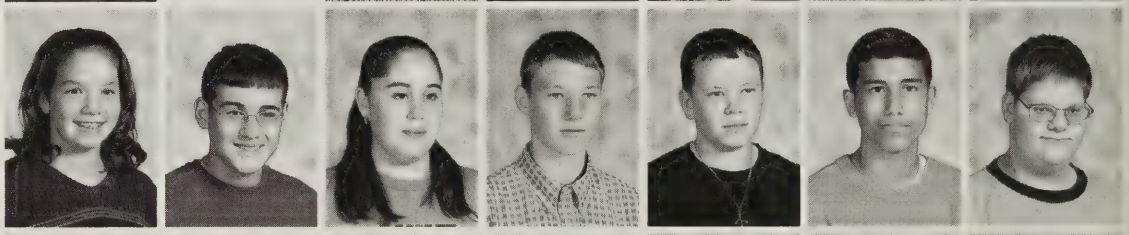
Justin McCauley
Jennifer McCloskey
Raymond McConnell
Timothy McDonald
Kimberly McKenzie
Patrick McKinney
Zachery McQuay



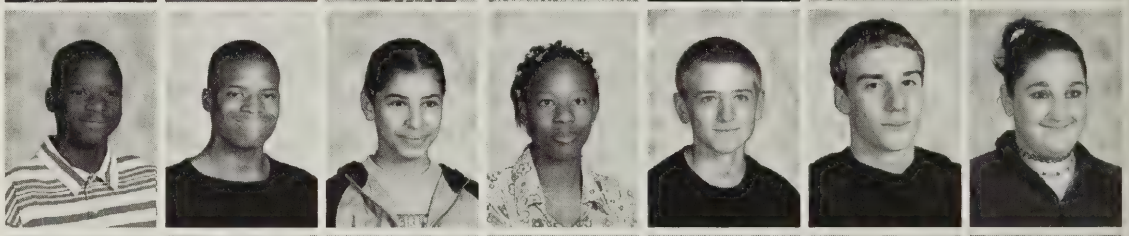
Sheena Meekins
Heather Melville
Jessica Merrill
Cory Merritt
Jessica Mick
Jeremy Miller
Justin Miller



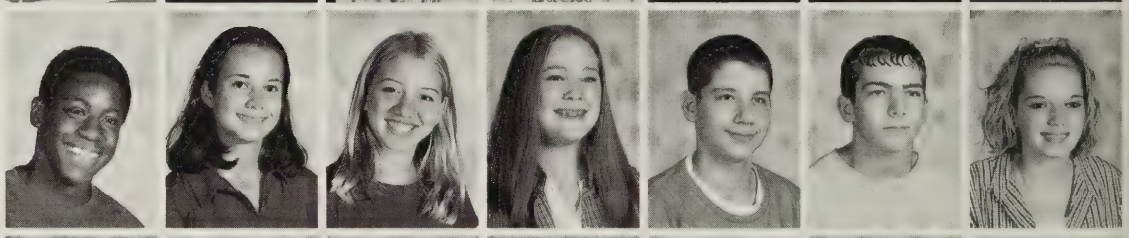
Kristina Miller
Garrett Mireles
Rachel Mirro
Aaron Misyak
James Moffitt
Juan Mojica
Steven Money



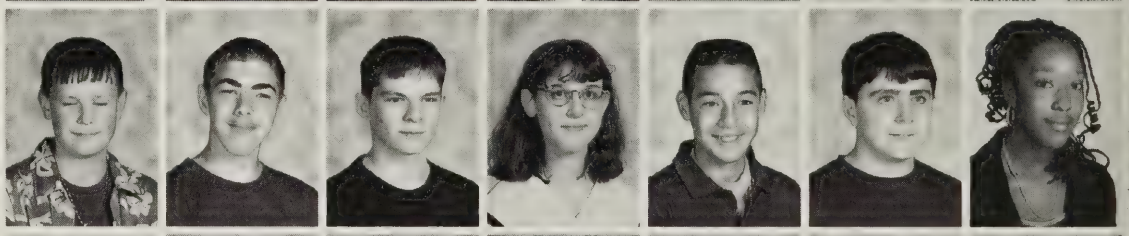
Dejon Moore
Demetri Moore
Desiree Morales-Torrs
Krystal Morris
David Mugridge
Nicholas Muhar
Sabrina Mullins



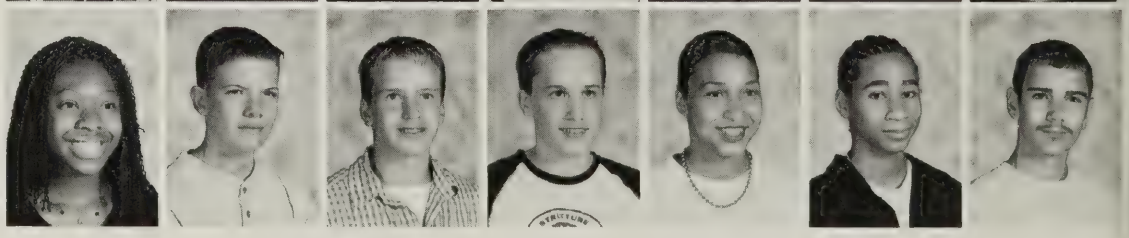
Caleb Murphy
Erin Murphy
Priscilla Musnug
Kimberly Nageotte
David Nasuti
David Nelson
Jennifer Niemi



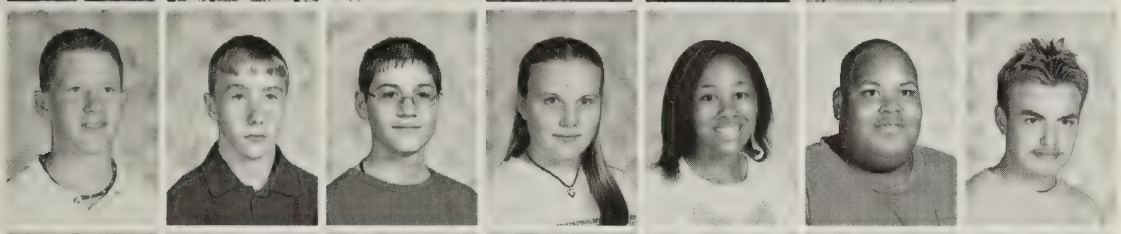
John Norris
Thomas O'Neil
Joshua Oakley
Christina Ogonowski
Daniel Olivos
Donald Orlikoff
Shevon Osborne



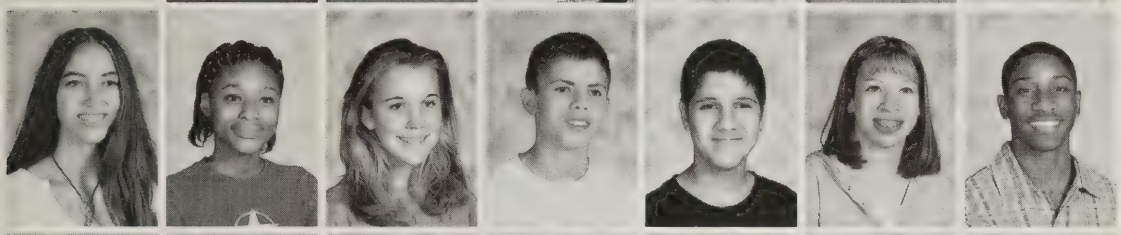
Oge Ozah
Jacob Pack
David Packham
Edward Palmquist
Melissa Parker
Anthony Parrish
Jac Pell



Diana Peloquin
Sam Pena
David Perks
Michael Perry
William Perry
Christopher Petersen
Laurent Peterson

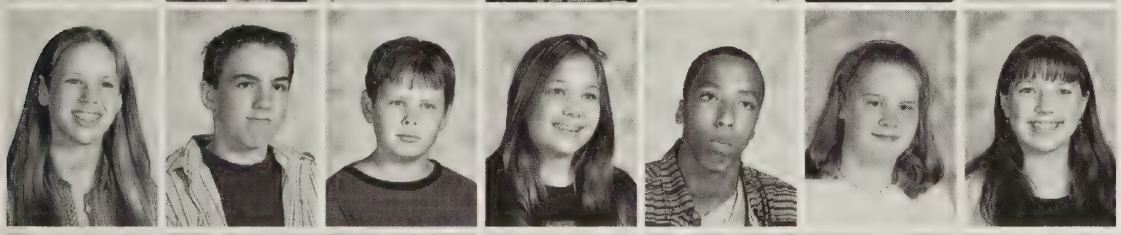


Wade Peterson
Derek Petrie
Christopher Pichurko
Jessica Poling
Ashley Powell
Desmond Powers
David Purviance

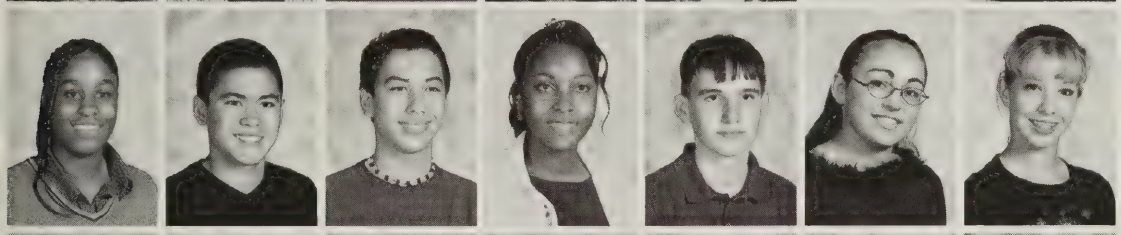


Laura Pustarfi
Marissa Pyatt
Katie Quinton
Ryan Rake
Jesus Ramirez
Casey Ramos
David Rascoe

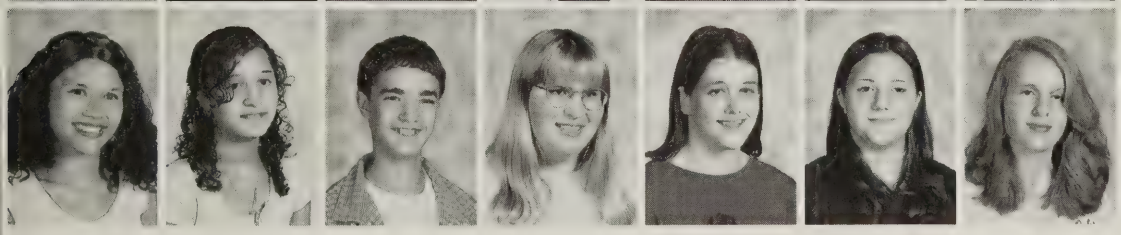
Brian Rathbun
Erika Ratliff
Kayla Reagle
George Redboy
Tiffany Reese
Ashley Rice
Michael Richards



Jenna Ringhoffer
Justin Ritchie
Matthew Roberts
Samira Roberts
Tyson Robinson
Stephanie Roets
Stephanie Romett



Khia Ross
Francisco Rubio
Justin Ruongrat
Linnea Rush
Ryan Rush
Catharine Sanders
Kiera Sanguine



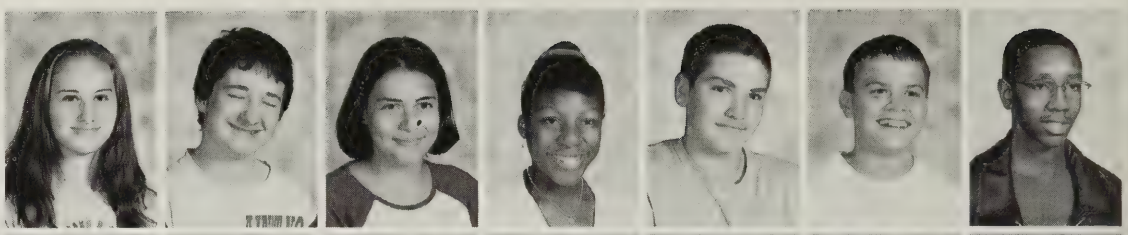
Amanda Santana
Carolin Santos
Darryl Sargent
Amanda Sawyer
Melinda Scanlon
Erin Scher
Rachel Schoonmaker

Does The Older Crowd INFLUENCE YOU?

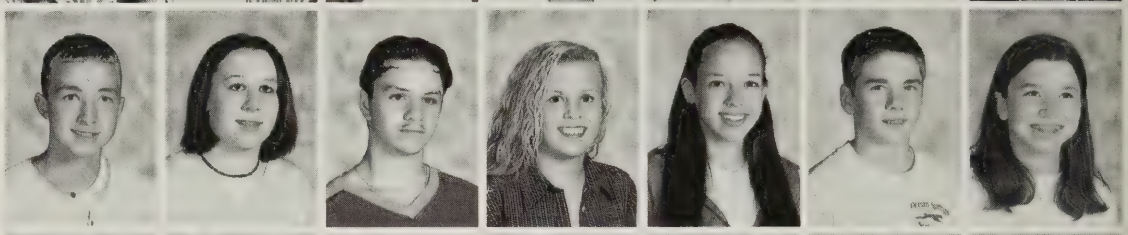
I don't feel pressured to hang out with the "older crowd". No one can make me do anything I don't want to do.No one can change that no matter what.
-Kayla Reagle, 9

Some people might be scared or shy around the "older crowd". I don't think you should be. Age isn't anything but a number.
-Matt Roberts, 9

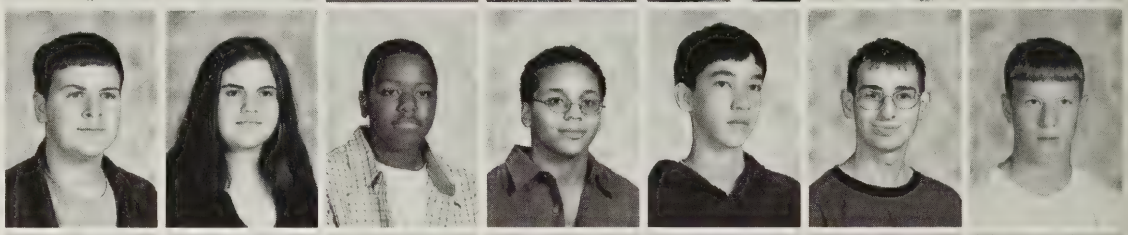
Jessica Schwartz
Curtis Schwister
Virginia Seger
Jessica Sellers
Samuel Shafovaloff
Casey Shartzer
Nydale Sheppard



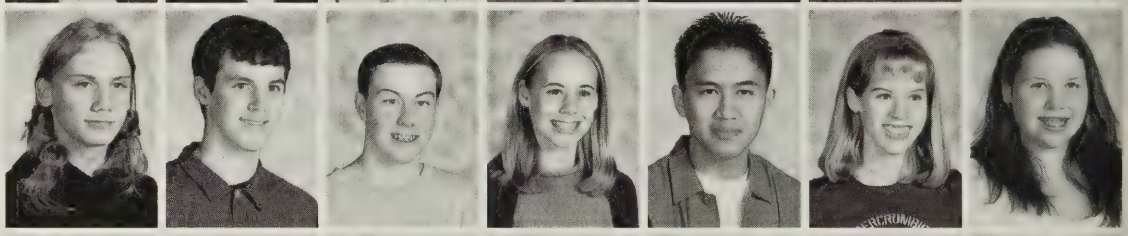
Robert Shoop
Hillary Shreve
Denike Simms
Jennifer Sines
Jessica Sluss
Allan Smaltz
Katherine Sowell



Stuart Spangler
Brenda Speer
William Speight
Le'Von Spence
Peter Spence
Chad St.Pierre
Jeremy Stanley



Joshua Stanley
Jason Starbuck
David Starner
Megan Steadman
Charles Stephenson
Jennifer Stephenson
Carol Stewart



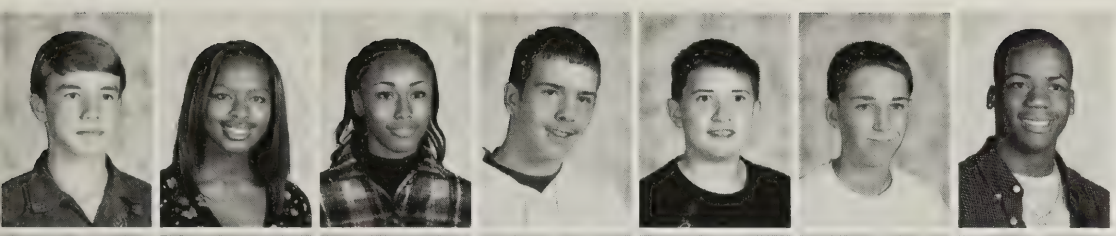
Daniel Stone
Raynel Stukes
Jennifer Stull
Daniel Stumpf
Danielle Suarez
Robert Suarez
Michael Sullivan

Katlyn Sumners
Elizabeth Swanson
Victoria Swanson
Michael Sweeney
Bryan Terry
Nicholas Terry
Blake Thilkey

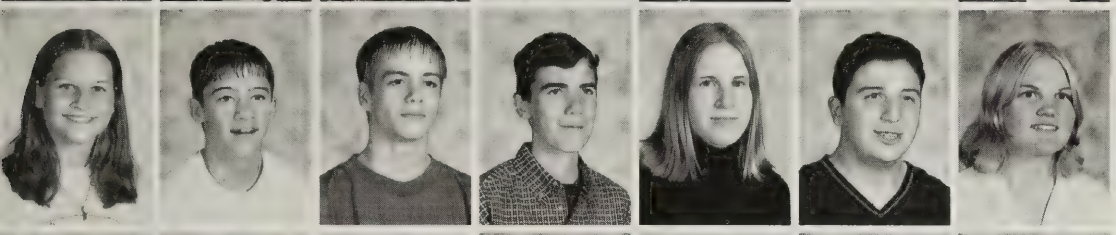
A'Vierre Thomas
Sabrina Thomas
Joseph Thompson
Christopher Tignor
Nora Tolbert
Megan Tornai
Sarah Torres

A Day In THE LIFE OF...

Kimberely Larson
5:00 Wake up
Go to practice
6:30 Get home at
Get ready to leave
Leave for school at
7:30 I go to school
7:35 I Get to school then go to my locker
7:45 I Go to first period and carry on the rest of my day
2:15 Go home after school and Watch t.v.
5:30-6 I start homework and watch more t.v.
9:00 I go to bed.



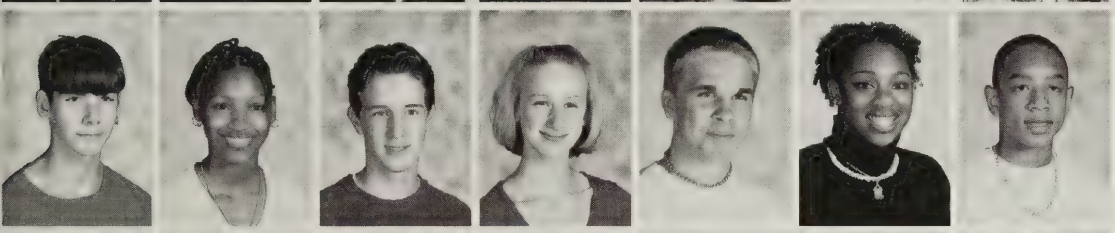
Byron Trafton
Lakeisha Troupe
Shamiya Troutman
Christopher Tudor
Alfe Turntoes-Kuhnhe
David Tye
Justin Uchendu



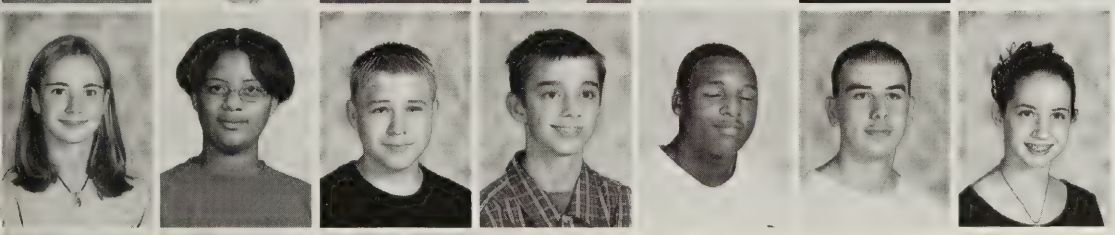
Megan Vance
Robert Veronee
Justin Via
Michael Vickrey
Shannon Viverette
Thaddeus Viveros
Whitney Wadford

Steven Wagner
Meagan Walerko
Victoria Walker
Matthew Wallace
Alexander Walls
Tiffany Warner
Jaclynn Wasek

Michael Watt
Renecia Wayne
Carolyn Weaver
Melanie Weis
Anna Welch
Brandy Wesolowski
Erin West



Carl Whaley
Reneka Whicker
Matthew Whiteman
Madeline Wiley
Justin Wilhoite
Chantree' Williams
Rashad Williams



Amanda Wiltshire
Marisa Wimbush
Christian Winters
Joseph Wise
Johnathan Woodbridge
Kyle Woodruff
Sarah Zaborowski

Aaron Zentner
Steven Zeswitz
Justin Zollner

Faculty

Mr. Stemple
Principal

Mr. Johnson
Principal

S. Nelms
Assistant Principal

L. Sutherland
Assistant Principal

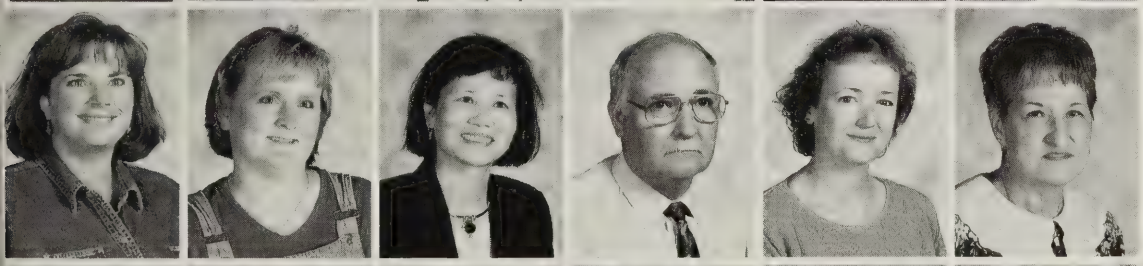
M. Strickler
Assistant Principal

M. Lowry
Assistant Principal

H. Booth, Media Specialist
M. Breitbarth, Clinic
K. Brown, Math
A. Butler, Social Studies
C. Byrd, Guidance
L. Carter, Media Specialist

L. Cassese, Special Education
N. Chewning, Math
R. Cousins, Special Education
C. Crone, Media Specialist
C. Danzig, Math
J. Darby, Focus

R. Darnell, Business
J. Decatur, Security
P. Decatur, Special Education
D. Detoll, Special Education
B. Douglas, Visual Arts
J. Drake, Social Studies

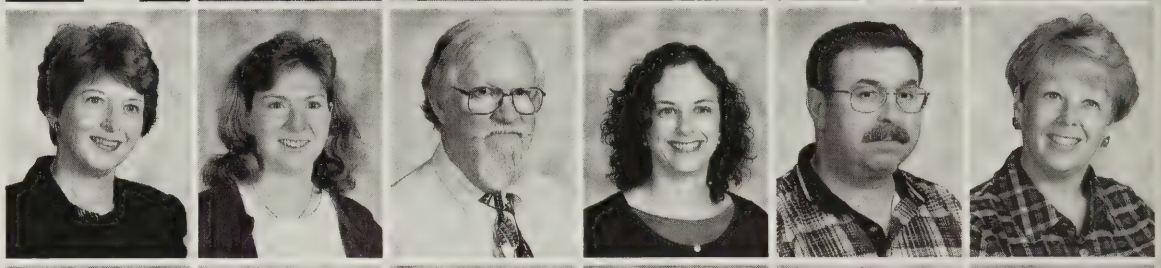


M. Dudyak, Math
C. English, Social Studies
C. Eyestone, Vocational
D. Ferguson, Special Education
N. Flood, Visual Arts
S. Foor, Administration

J. Gabriel, English
B. Gatewood, Special Education
J. Gonzales, Foreign Language
M. Green, Administration
R. Hodge, Science
T. Houk, English

C. Johnson, Administration
K. Johnson, Vocational
C. Johnson, Special Education
A. Jones, Foreign Language
J. King, English
L. Kotheimer, Foreign Language

J. Lange, Special Education
E. Lavoie, Transitional Specialist
D. Marshall, Orchestra
K. Matalavage, Math
S. Matheney, Social Studies
P. McCluskey, Vocational



B. McElfish, English
C. Moore, Science
R. Muse. Music
J. Norton, English
M. Osborn, Vocational
K. Pack, Business

M. Parker, English
B. Payne, Administration
T. Peters, Special Education
C. Polly, Business
R. Raines, Science
S. Rankin, English

Welcome To NORTH STAFFORD

With every end, there is a new beginning. That is exactly what happened when Mr. Johnson left the school to pursue other opportunities at West Potomac High School. The school took Mr. Johnson's departure hard, but Mr. Stemple was there to help everyone adjust. "The most challenging part so far is trying to get to know people—faces, names, and such... driving to work too, but I haven't made any changes to myself as a person," said Principal Stemple.

Mr. Stemple enjoyed the warm welcome he received not only from the staff, but the student body as well. "The student body is treating me very, very well," he said, "I love the friendliness of the school, staff, and the students very much."

The teachers and administrators of the school were always very close to Mr. Johnson, but they welcomed Mr. Stemple with open arms and minds. "I think he's very uplifting... he's a very cheery person. I really mean it too... I like uplifting and cheery people," said Mrs. Belt.

The student body and teachers alike missed Mr. Johnson, but it was evident the the new principal was accepted and welcomed by all.

Jacqui Capriglione

Greetings! It's not every year tha a school gets three principals in one yea After the departure of Mr. Johnson, an the brief leadership of Mr. Sovine, w found a lasting leader in Mr. Stemple.

B. Ray, Math
L. Reddick, Substitute
K. Reif, Visual Arts
C. Reynolds, Math
J. Robinson, English
V. Sekinger, English

M. Smith, Science
D. Smithey, Guidance
D. Spahr, Special Education
J. Stemple, English
J. Sthreshley, Science
J. Sthreshley, Vocational

M. Sturt, Science
M. Swift, Foreign Language
F. Townsend, Business
K. Truax, Guidance
K. Truslow, Business
F. Vanburen, Music

G. Vaughn, Vocational
K. Vincent, Vocational
S. Vitas, Vocational
D. Waldron, Guidance
K. Walsh, Clinic
J. Ware, Foreign Language

M. Welborn, Special Education
M. Wentworth, Business
C. Woodard, Security
N. Yoke, English
D. Zborill, Foreign Language

As the clock starts and the game begins, there's no time to feel unsure. Our athletes proved to have no fear when it came to tearing down any opposition set before them.

They won numerous awards and titles. When they weren't breaking records, they displayed their excellence as a team. Right or wrong, teams stuck together after games had ended and the spectators had left the stands. Team unity was prevelent during each sport season. Each game day, entire teams dressed in a theme, or matching outfits.

They were our examples of discipline, determination, and persistance. More importantly, they showed what a group of individuals can accomplish when they work together and refuse to leave anyone by the way-side.

NORTH
291
4
oCo Walters

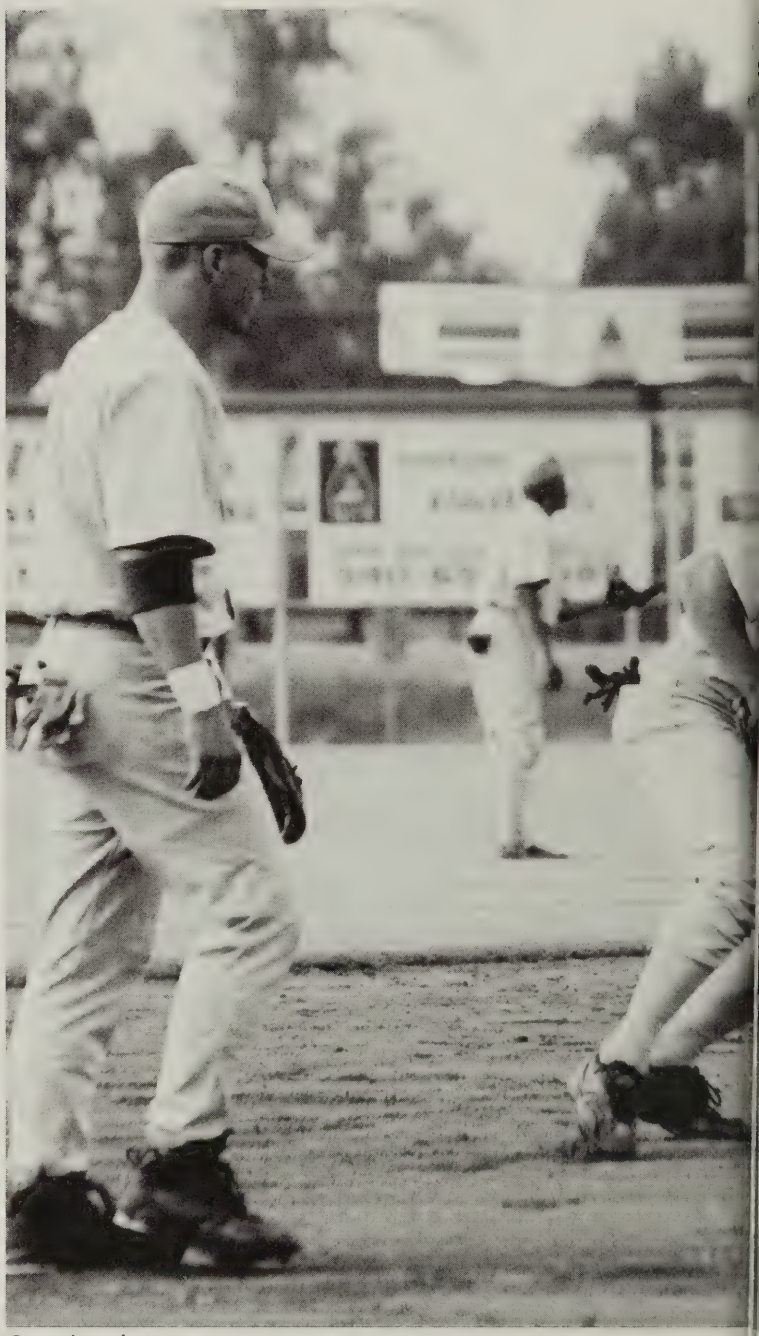
Golden GLOVES

No matter how temperamental outdoor conditions may be, either blazing hot, or mild and breezy, the members of the varsity baseball team worked tirelessly on the dirt field during every practice to make sure they played well at the next game. After all, it took a lot of work to become a highly prestigious, undefeated team that every other high school feared to play and could only HOPE to beat.

"The baseball team runs more than any team in the school. The hardest thing in all sports to do is hit a baseball, the easiest is to kick a soccer ball," senior Chris Ashinhurst said. Baseball players took their sport extremely seriously, arriving at the school for six AM practices and meeting AGAIN after a long day of school for more practice. On top of this gruesome yet rewarding schedule was a tightly packed game schedule.

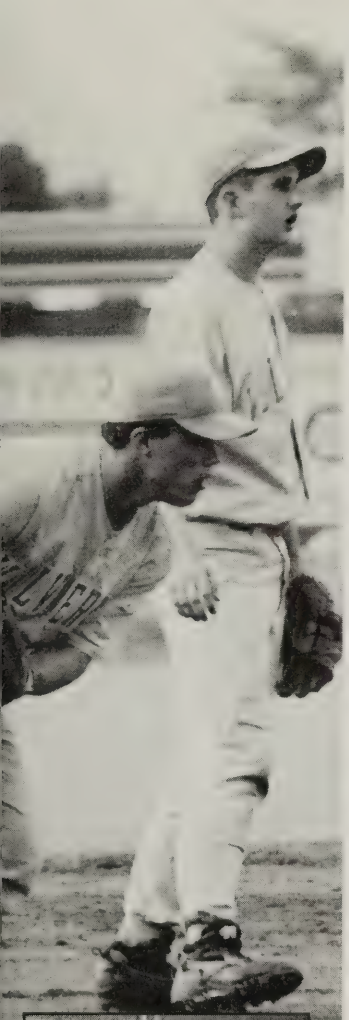
Playing in an actual game itself also showed rewards for many of the players, even though not all members of them team got to play on every game. "Even though I don't get to play every game, I still come to all of the practices and work as hard as I can. That way, when I do play, I know I've tried my best. Being on varsity means accepting the challenge and the fact that winning is a team effort. I also work out constantly to keep my body in shape for next season," junior Brian Maurer said.

Whether it be the catcher, pitcher or the second baseman, baseball is a team sport that has worked well this year with the goals of the team. Hopefully, with this tightly knit camaraderie, the baseball team can be just as strong next year!
-Chelsea McNair



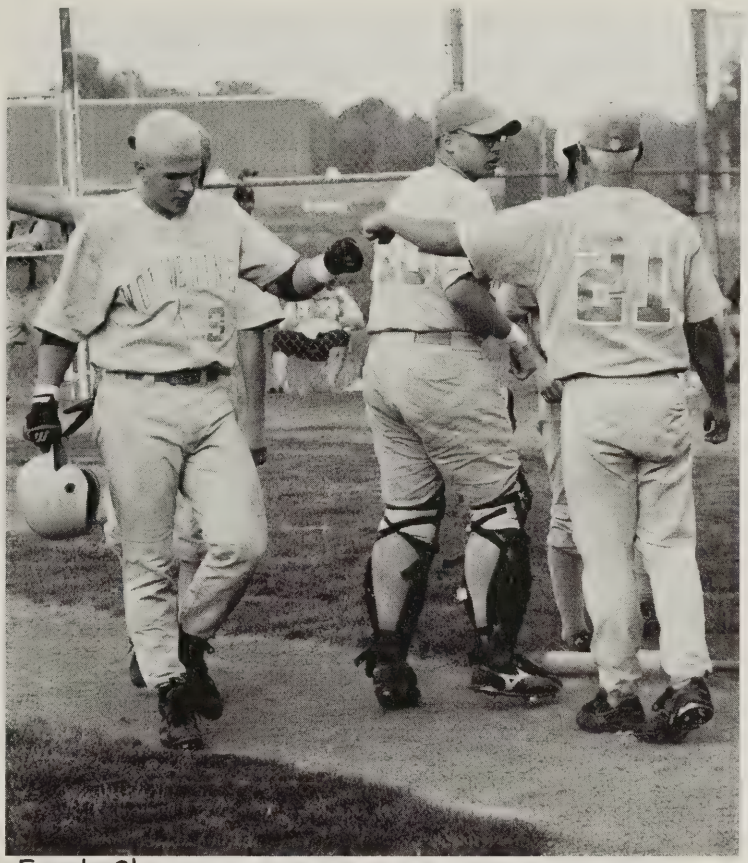
Frank Shannon

Row 1: Eric Poorbaugh, Joe Gibbons, Anthony Green, Kyle Danhert
Row 2: Cliff Brooks, Brian Mauer, Aaron Hutson, David Daugherty, Ricky Scanlon, Billy Myers
Row 3: Mike Goll, Chris Ashinhurst, Shawn Maye, Matt Mallory, Ryan Eldridge, Byron Binda

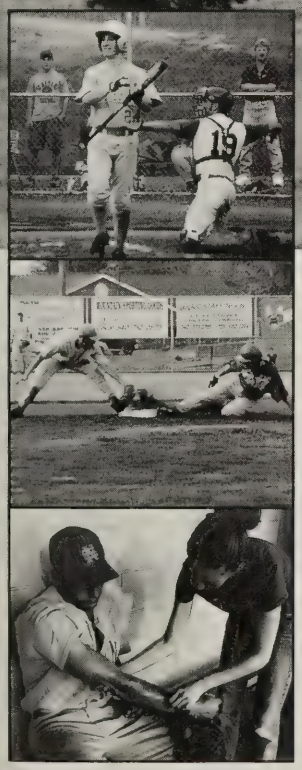


Hey batter batter!
Senior Chris Ashinhurst is ready for whatever may come his way. Anticipation is a key factor in baseball.

Nice play!
Junior Joe Gibbons gives a motivating handshake to senior teammate Mike Goll. Players often tried to pump each other up throughout games.



Frank Shannon



Frank Shannon

Scoreboard

NS		Opp
4	Brooke Point	1
12	James Wood	2
12	Stonewall	1
16	Culpeper	0
13	Faquier	11
5	Culpeper	0
6	Stonewall	4
4	Sherando	3
2	Hermitage	1
4	Lee Davis	5
5	Freeman	6
6	Mills Godwin	14
5	Potomac	4
16	Colonial Forge	4
3	Brooke Point	7
9	Stafford	1
3	Faquier	4
10	Stafford	1
6	Garfield	5
4	Colonial Forge	1

District Tournament

1	Culpeper	0
6	Colonial Forge	5

District Championship

13	Brooke Point	0

Regionals

2	Woodbridge	1
2	Potomac	3

You're Out!
Sophmore Aaron Hutson moves fast at second base to tag the runner out and help win the game.

Fly AWAY HOME

In the homerun zone. Fierce determination is junior Lindsay Soller's trademark. Players often took time to focus before stepping up to the plate to get into the "zone".

Softball involves speed, coordination, and upper body strength. This season, the buff babes that make up the Vasity Softball team have formed a bond between the teammates that rivals any other sport's.

"The best part of the season is how close we've become. We get along so well together, and have fun," said sophomore Jenn Ashinhurst.

The players' spirit and enthusiasm for their sport also ran high. Dedication was a huge part of the team's success this season, and led them to a District title.

"I love the game, it is my life," said sophomore Katie Duncan.

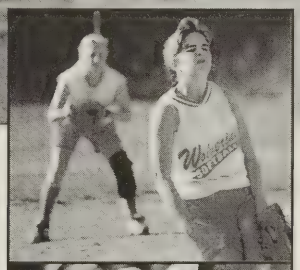
Although the team was young, it learned how to be a team from the older members. They taught the younger players how to give it their all, and how to be role models for others regarding enthusiasm and spirit.

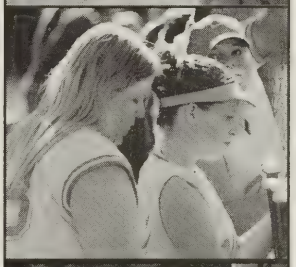
"The team is amazing. I love the people, but my love for the game concuers all!" said senior Christy Oakes.

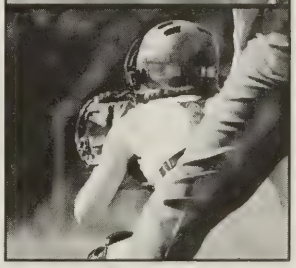
Row 1: Erin Rantz, Christy Oakes, Katie Fox, Jenn Ashinhurst
Row 2: Katie Sperry, Annie Fox, Julie Oakes, Katie Thomen, Lindsay Sollers, Katie McFadden
Row 3: Coach Raines, Coach Raines, Alta Stokes, Susan Ishman, Katie Duncan, Coach Canter

Woodbridge	1-0	win	Culpeper	1-0	win	Brooke Point	5-4	win	Districts
Brooke Point	2-1	win	Potomac	1-3	loss	Stafford	4-3	win	Sherando 3-1 win
James Wood	3-2	win	Sherando	8-1	win	Faquier	1-2	loss	Culpeper 2-0 win
Stonewall	0-1	loss	Stonewall	3-4	loss	Potomac	2-3	win	Faquier 1-0 win
Culpeper	7-3	win	Colonial Forge	8-2	win	Stafford	3-0	win	Regionals
Faquier	1-3	loss	Woodbridge	0-2	loss	ColonialForge	7-0	win	Osbourn Park 0-1 loss

Ashley Hall







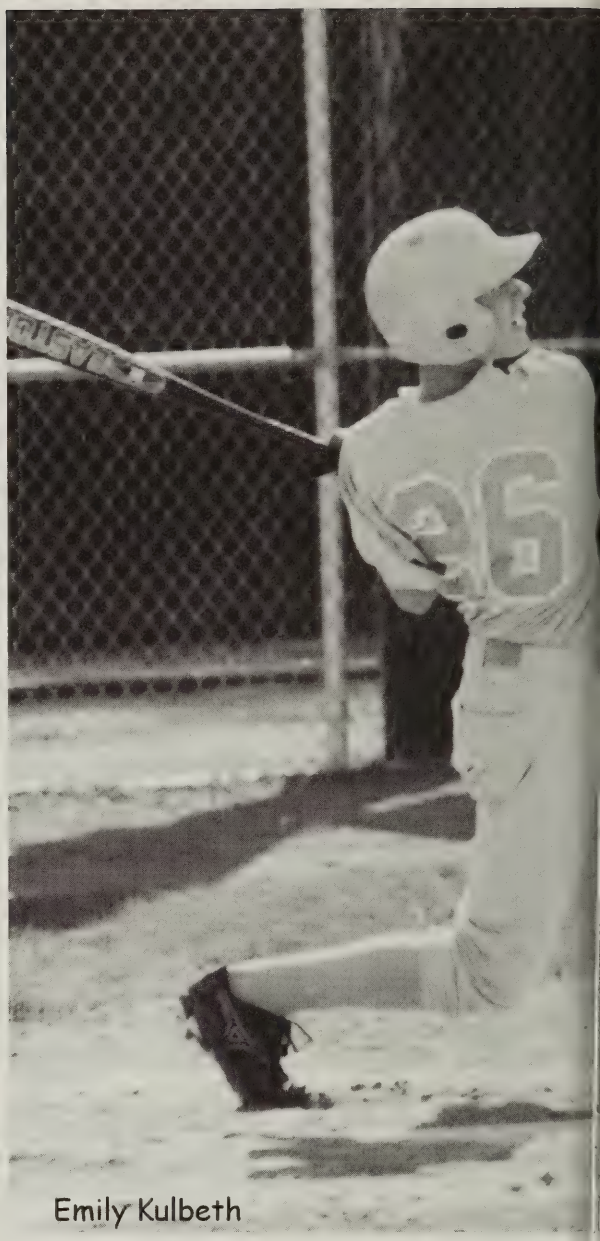
Ashley Hall

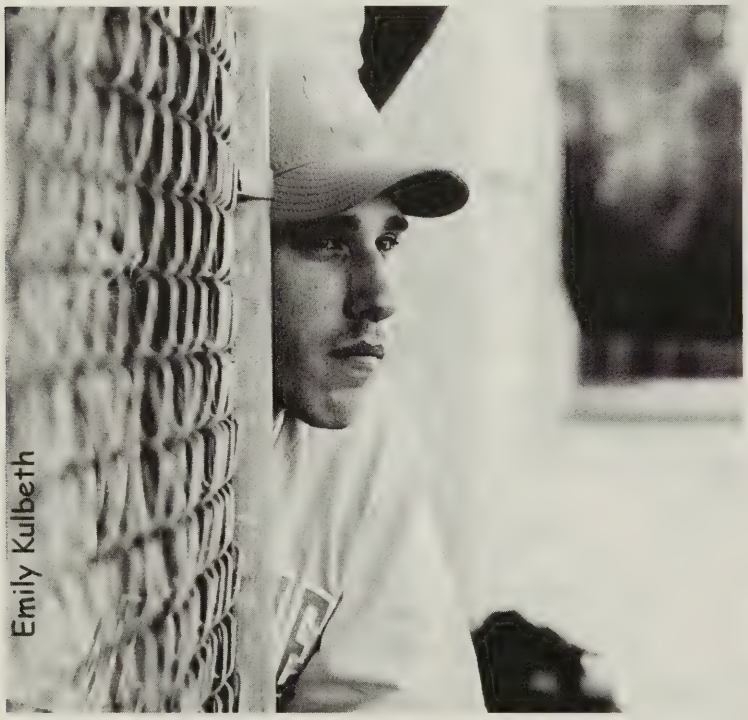
Go team!
Spirit is an important part of the softball team's success. Before the start of each game the softball team screamed their cheer to pump themselves up and intimidate the other team.

Safe at home!
Base runner Shauna Wolfe, #8, slides safely into homeplate. Sliding into home was often a necessity to avoid the catcher's tag.

And it's outta there!
Batting was a big part of the game of baseball; it was the only way to score. Freshman Deon Loucks takes a hard swing and sends the ball flying.

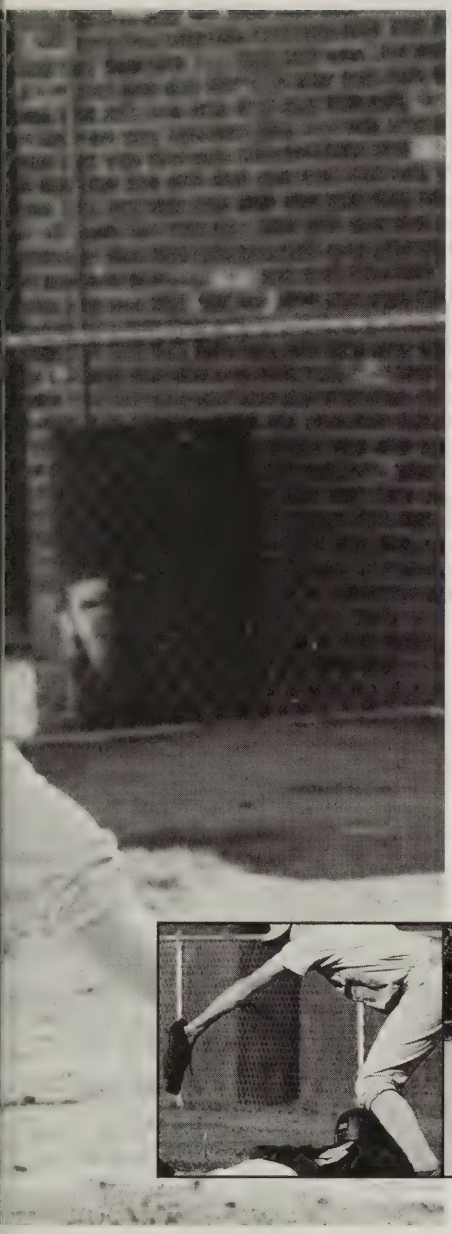
Ashley Hall


Emily Kulbeth


Emily Kulbeth

Pensive player
Focused players became succesfull hitters. Sophomore Jason McCaa takes a minute to collect his thoughts before going up to bat.

Stonewall Jackson:	2-3 loss	James Wood:	5-3 won	Culpeper:	5-1 loss
Fauquier:	3-2 won	Stafford:	4-1 loss	Brooke Point:	5-3 won
Sherando:	4-1 won				



Covering BASES

Softball... ain't nothing soft about it. The JV team had a great season, ending with a record of 10-8. The freshmen worked well with their older team mates.

"All the girls have learned a little more about playing on a team and depending on each other," said coach Bonnie Thomen. Sophomore Becky Ashinhurst agreed with Coach Thomen. "I like the team this year. We all get along really well, balance each other, and play off each other's strengths."

For the JV team, playing softball is a chance to play their hardest, a chance to have fun, and a chance to win. The season may be over, but the girls are already looking towards their next chance to play.

The JV Baseball team was also eager for a chance to play. Freshman Deon Loucks said, "If our team stays focused, then we are unstoppable." The team experienced a building season and focused on honing their skills. "I think we had a good season overall, it went well. The players improved as the season progressed, both as a team and on an individual level, " said Coach Olmstead.

As close friends and teamates the boys bonded over the season and ended up learning as much about baseball as they did about each other.

-Tracy Oakes and Jenn DiCristina

Row 1: Steve Wilson, Deon Loucks, Daniel Ruark, Curtis Price, TJ McAdams, Brett Arbogast, Cory Dykstra
Row 2: Steve Bray, Charles Feldbush, Jamal Nunnery, Anthony Fuhrer, Michael Stine, Jason McCaa, Brett Diamond, Nolan Jackson

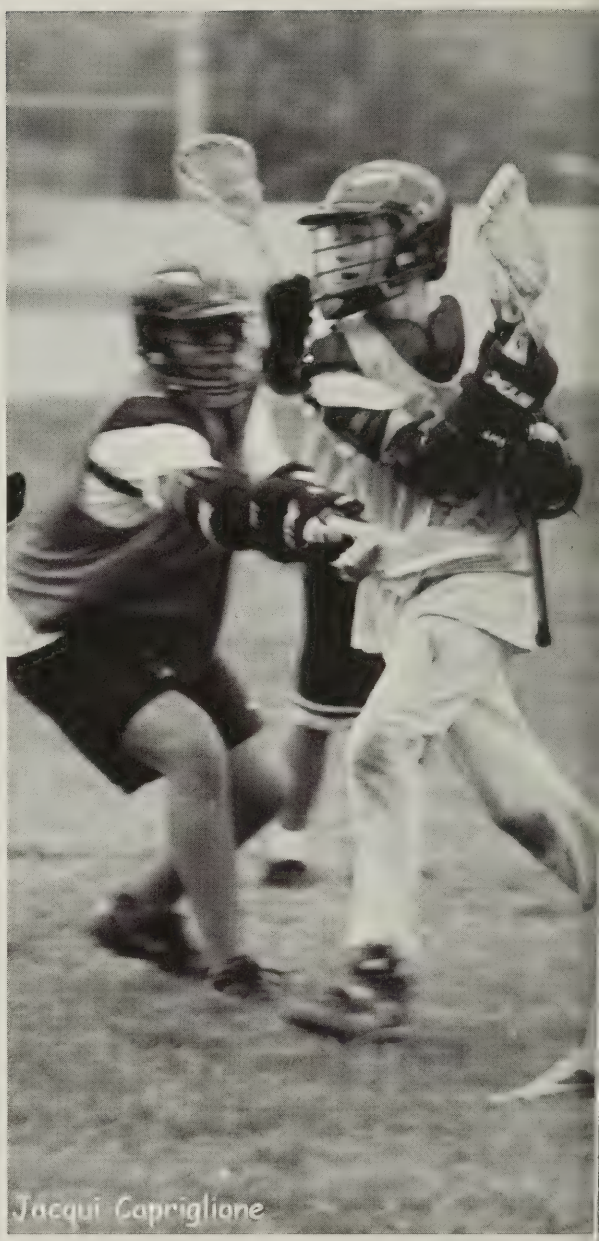
Row 1: Shannon Fox, Christina Kube, Teresa Murgo, Karen Price
Row 2: Melissa Maddox, Meghan Godbey, Rachel Cooper, Becky Ashinhurst, Jennifer Van Oort, Ashley Booth
Row 3: Shauna Wolfe, Marlo Cobb, Jennifer Ortiz, Katie Walters, Jenn Bennett, Fiona Apple, Coach Thomen

Woodbridge:	8-7 win;	7-10 lost	Potomac	11-10 win;	16-4 win	Brooke Point	3-8 lost; 2-11 win
Stonewall:	6-10 lost;	0-13 lost	James Wood	13-8 win		Colonial Forge	21-6 win; 17-0 win
Faquier:	9-5 win;	2-9 lost	Stafford	11-4 win;	6-5 win	Culpeper	7-8 lost; 2-8 lost
Sherando:	20-3 win						

The hand that rocks the cradle. Skills perfected during practice often led to winning games. Junior Ross Shannon cradles the ball while charging down the field.

Check this out! Pain is a part of playing lacrosse. Sophmore Lance Mackey runs through the opposing team's check in order to bring the ball downfield.

Jacqui Capriglione

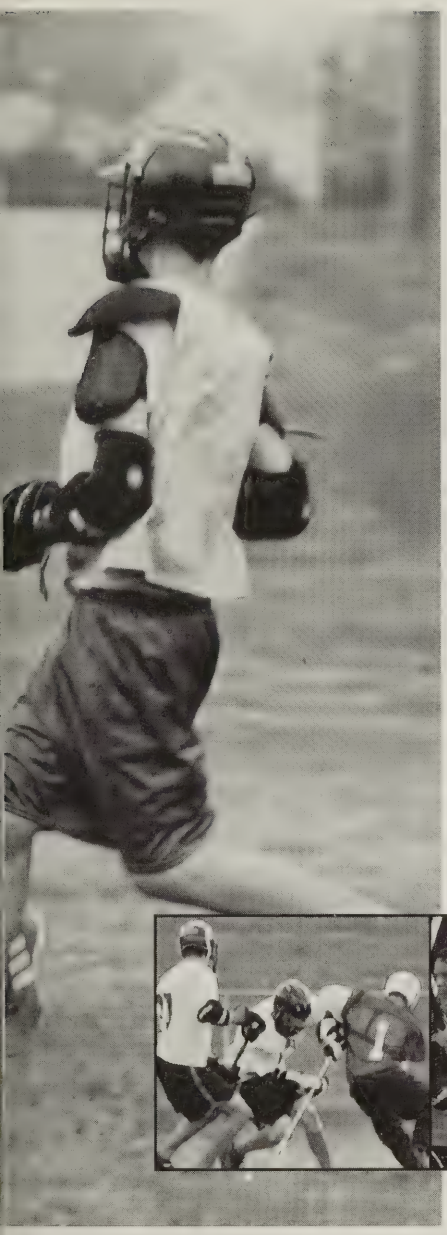

Jacqui Capriglione

Jacqui Capriglione

Huddle up! The varsity lacrosse team makes last minute changes to their plays. Huddles were used throughout the season to collect thoughts and stay focused on the team's goals for the game.

Varsity Scoreboard

Garfield	18-5 win	Faquier	23-2 win	
Park View	10-9 win	Osbourn Park	11-6 win	Mt. Vernon 8-3 win
Brooke Point	18-2 win	Stafford	8-3 win	Faquier 13-5 win
Brooke Point	22-0 win			
Colonial Forge	20-3 win			



Rocking THE CRADLE

The tradition of excellence on the Lacrosse was kept alive with this season's perfect record. Hard, long practices and team traditions kept the players motivated to play their best.

"We always put on Pokemon tattoos before games," said senior John Seger. While some of the team rituals appeared absurd, they certainly seemed to do the trick. "Before every game, I have to hit the stalls. It helps me play to my highest potential," said senior Mike D'eredita.

The team enjoyed goofing around on their downtime, however when it was time to work, they got down to business. "We work hard, play for pride, and are unconquerable," said Mike Davis.

The JV team was no exception, putting in two hours of practice everyday. "The coaches didn't yell at us. Push-ups taught us real quick what to do, and how to do it right," said sophomore Mike Singer.

"Whatever we needed to get done, we did," added sophomore Khris "Stonewall" Tolbert.

The team was determined to have a winning season and they accomplished their goal with flying colors. An undefeated season is certainly something to be proud of. Senior Mike Dailey put into terms simply: "NSHS Lacrosse rules!!"

-Kate Waldhauser

Row 1: Mike Davis, Ryan Eagle, Richard Burchnall, Frank Shannon, Chris Wasek, Greg Hartman, Matt King, Mike D'Eredita
Row 2: Kevin Newport, Chad Raynor, Ross Shannon, David Rovira, Adam Smith, Marc D'Eredita, Mike Shannon, John Sager
Row 3: Coach Hendrickson, Dan Gauvin, Steve Thorpe, John Stradling, Matt Linguai, Jason Cassi, Mike Dailey, Jarrod Schmidt, Coach Ayers

Row1: Matt Anich, Matt Savarese, Mike Neveu, Jacob Bell, Joe Hornbeck, Josh Blocowicz, David Spence Jason Bruncow Rory Weston, Alex Habit
Row 2: Coach Squires John Pope, Jeremy Crist, Bob Wagner, Matt Miner, Pete Baca, Ryan Bernier, Josh Eagle, Nathan Morey, Carl Hagen
Row 3: Mike Childs, Andrew Zayas, Mike Singer, Anthony Dinino, Mike Grove, Bobby Hudson, Lantz Mackey, Coach Hoe

Junior Varsity Scoreboard

Fredericksburg Academy	1-13 loss	Potomac 5-4 win	
Mount Vernon	0-7 loss	Stafford 5-2 win	Colonial Forge 3-2 win
Stafford	2-3 loss	Broad Run 4-2 win	Faquier 5-3 win
Osbourn Park	3-9 loss		

Getting YOUR KICKS

"The team knows that practice doesn't make perfect, but that perfect practice makes perfect soccer," said sophomore Fernando Ramos. This was the strategy of the boys varsity soccer team. They worked hard both in practice and in the games. In practices, the team focused on the mistakes from the previous game to improve for the next one.

"When we play good, we have the confidence that and the idea that we can beat anybody," said senior Steve Ramos.

The boys were determined to do well even though it was different with a new coaching staff. Coach Gotschalk left them for Colonial Forge, but they soon found three new coaches; Mr. Cassidy, Mr. Dodd, and Mr. Cooke.

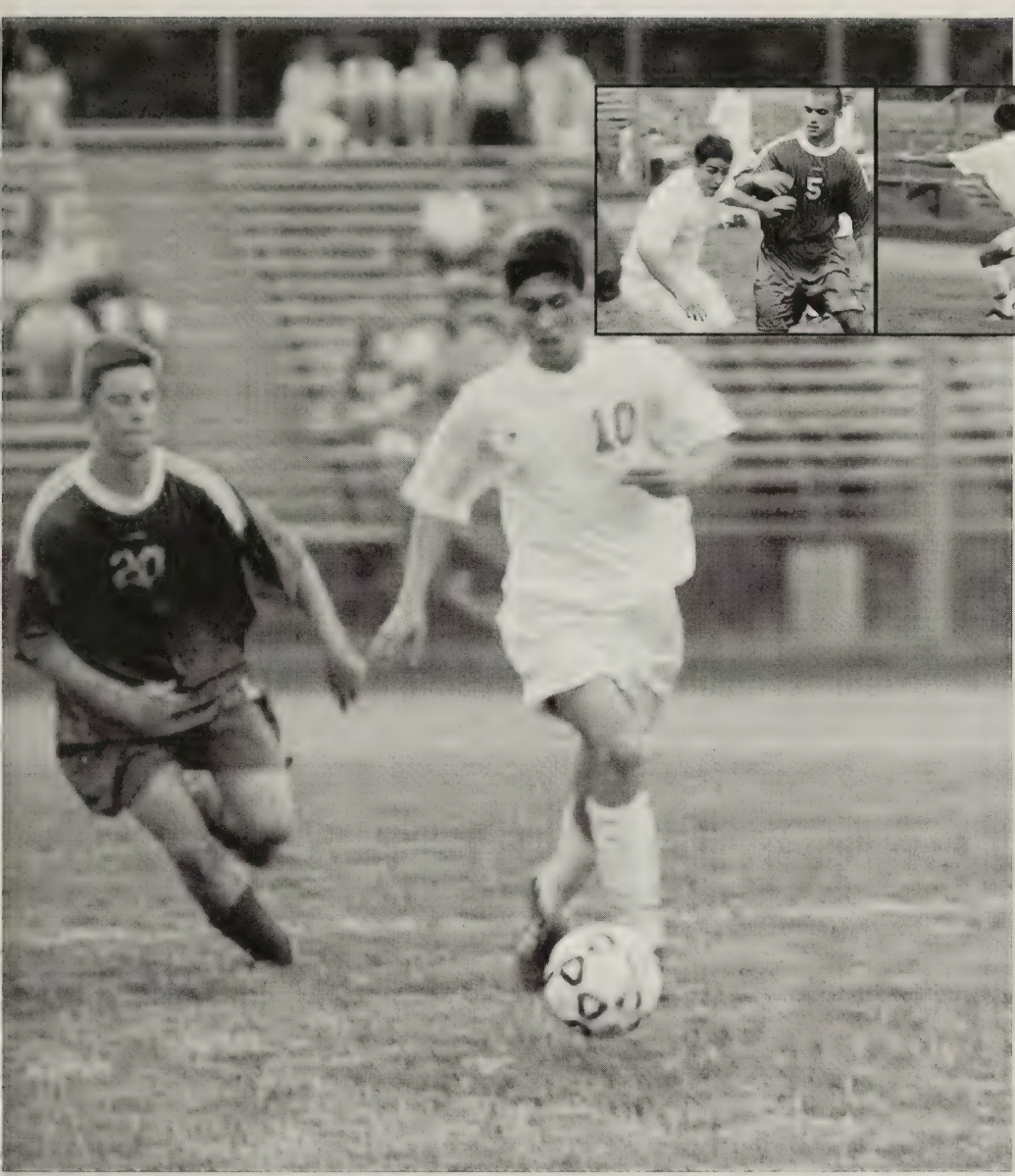
Senior Nate Depasquale said, "This soccer season has been great because our coaches are as encouraging and excited as all the players about playing and winning." The coaches' involvement was important. Their motivation greatly impacted the players. The team ended up finishing 14-4. They had a great season to get their new coaches off on a good start.

-Megan Bieber

Row 3: Chris Roland, Brian Steckel, Chris Whittle, Dan Peterson, Tim Bucher, Jesse Baker, Coach Cassiday, Coach Cooke
Row 2: Kevin Skewes, Alex Garcia, Jesse Kofler, Andrew Sylling, Matt Mitchell, Nate DePasquale, Billy Schlotter, Fernando Ramos, Jason Donnell
Row 1: Steve Ramos, Jeremy Bosken, Kyle McAleese

Jessica Loy

Hands off! Sophmore Jesse Kofler gets ready to throw the ball into play. The game isn't all footwork, players have to be well rounded.



Jessica Loy

Run Forrest, Run!
Speed is necessary when it comes to beating the opponent for the ball. Sophmore Fernando Ramos had waht it took to get the ball in his control.

Scoreboard

NS		Opp
1	Brooke Point	2
5	James Wood	3
2	Culpeper	0
3	Faquier	0
2	Culpeper	1
5	Potomac	0
4	Sherando	1
4	Stafford	1
4	Colonial Forge	1
1	Brooke Point	4
5	Faquier	0
1	Stafford	0
6	Potomac	0
4	Colonial Forge	1

Playoffs

8	Colonial Forge	1
3	Sherando	1
1	Brooke Point	2
1	Hylton	2

Feet OF FURY

A fantastic season for an undefeated team. The Girls Varsity Soccer team has gone undefeated in their district this year, despite the additional opponents such as Potomac and Sherando.

The girls are a very close team, and good luck rituals before games kept them focused and determined. Graduating seniors and underclassmen have bonded as a close team, and will not forget all the fun.

"I will miss the inside jokes, and the brownies we get for scoring within the first minute, and Coach La Doo Doo," said senior Kelly Gefrich.

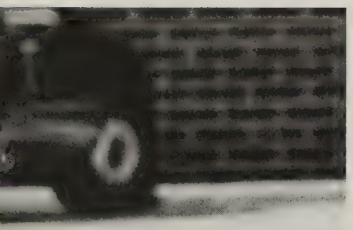
Of the memorable fourteen games during the season, the victory over Brooke Point was a great way to kick off the season. "Our team didn't take anyone lightly this year, that's how we were able to come out of the season with an undefeated record. Our greatest victory was our win over Brooke Point, 6-0," said Senior Megan Bailey.

The talented team, lead by Coach Symanski, finished the district with a score of 6-3-0, and the season 6-3-1, with one loss to Potomac. Next year will be a new challenge that the underclassmen will find hard to undertake, but the new girls will bring the girls soccer program back stronger than ever.

-Amanda Hibbert

Joy Thompson

Row 1: Kelly Gierard, Megan McCreedy, Tiffanie Reed, Megan Bailey, Laura Hanscom
Row 2: Amanda Jones, Elise Reed, Alandra Simmons, Serena Tyson, Marlena Chavez, Kelly Hartman
Row 3: Coach Szymanski, Cherie Dennis, Kristen Sondermann, Katelyn Crooks, Megan Hanscom, Julie Price



Practice makes perfect!
Practice helps players to obtain accurate kicks. Sophmore Kristin Sonderman practiced goal kicks behind the gym.

Do-si-do
While playing Stafford, senior Tiffanie Reed takes on two opponents. She was able to stop their progress down the field.

Joy Thompson

Scoreboard

NS		Opp
2	Brooke Point	2
4	James Wood	1
6	Culpeper	0
1	Culpeper	0
1	Potomac	2
2	Sherando	2
6	Colonial Forge	0
3	Stafford	0
6	Brooke Point	0
1	Faquier	0
1	Stafford	0
3	Potomac	2
3	Colonial Forge	1
5	Colonial Forge	0
0	Stafford	1

District Record 10-1-2
Overall Record 12-2-2

Joy Thompson

It's magic!
At practice, junior Amanda Jones guards the goal with her life from attacker sophmore Elise Reed. Goalies had to work on eye-hand coordination.

Put some HUMPH into it!
Freshmen Cindy Schweer kicks with all her might in hopes to score a goal. Her technique was a great asset to the team.

Look out!
Determination to pass the opponent is a must in soccer. Junior Kelly Bernier speeds up to pass a Colonial Forge player.

Joy Thompson

Joy Thompson

Joy Thompson

Huddle up! The JV Boys soccer team huddles around their young coach, Ian Ramcheran, before they start their game. He psyched them up before every game, helping them to be the first undefeated JV Boys soccer team.

JV Girls Soccer	Brooke Point	0-1 loss	Potomac	7-0 win	Sherando	4-0 win
	James Wood	3-0 win	Colonial Forge	3-2 win	Stafford	0-2 loss
	Culpeper	2-0 win	Fauquier	0-1 loss	Colonial Forge	1-0 win
	Potomac	5-0 win	Stafford	0-2 loss		

Hands OFF

The JV Girls Soccer team tore up the fields with their must win attitude. They have showed great athleticism and determination towards their goal. They learned early on the patience necessary to work as a team.

Friendship played its part on the field and off. "The best thing was that I got to play with my friends, so that made it so much more fun," said freshman Ashley Booth.

The players had a young team, which included their coach. Ian Ramcheran led the boys to a shut out season in only his second year coaching.

"Our coach put together great combinations of players. We worked well together, and as we progressed, we started playing as a team and had a great season," said sophomore Andrew Mitchell.

They were especially proud to be the first undefeated JV Boys Soccer Team in the history of the school. Sophomore Mike Lanoue was able to describe their season in one sentence: "It was a fun season, I really enjoyed it, and we are the first team of boys to play and be undefeated."

-Drew Cline and Brian Bradley

Row 3: Erin Gallagher, Julianne Whitten, Ashley Hollis, Megan Bressler, Amy Whittle, Katherine Sigler, Christine Vance
Row 2: Kelly Bernier, Jessica Olechowicz, Ashley Ryalls, Jessica Moore, Mandy Sharp, Jen Schimpf, CoCo Walters
Row 1: Cindy Schweer, Rebecca Humphery, Jessica Phillips, Melissa Sharps, Jennifer Huckabone, KiKi Long

Row 3: Steve Finch, Andrew Mitchell, Adam Fries, Marc Mohammed, Dan Purcell, Sean Allen, Matt Peterson, Gavin Reed, Coach Ramcheran
Row 2: Keoni Perry, Craig Sparry, Heath Crab, Corey Cox, Drew Martin, Brandon Dionne, Michael Lanoue
Row 1: Brandon Arnold, Anwar Allen, Robbie Hassinger, Charlie Claure

JV Boys Soccer	Culpeper	2-0 win	Sherando	3-0 win	Stafford	4-0 win
	Brooke Point	4-2 win	Stafford	2-1 win	Colonial Forge	4-1 win
	James Wood	2-1 win	Potomac	5-0 win	Potomac	3-1 win
	Fauquier	1-1 tie	Colonial Forge	3-0 win	Faquier	4-2 win
	Culpeper	4-0 win	Brooke Point	3-3 tie		

Making A RACKET

"We all rely on each other when it comes time for matches," said sophomore Paul McHugh.

The Boys Tennis team discovered that even though matches are won individually, teamwork is important. People to depend on are also important whether the team is winning or losing.

"I really enjoy my teammates because everyone tries as hard as they can and are determined to win," said junior Dan McLeese.

All of the players have to work together and depend on each other for winning matches.

"Everyday after practice the coach dumps all of the balls on the court and as a team we have to pick them up in a certain amount of time," said junior Eddie Larkin.

They have to work together in order to grow and depend on each other for success in matches.

"We practice together and all my teammates respect each other and work to make the team more successful," said freshman Chris Gauthier.

The team had a good season but most importantly learn how to work together as a team.

-Katrina Purcell and Crystal DiRosario

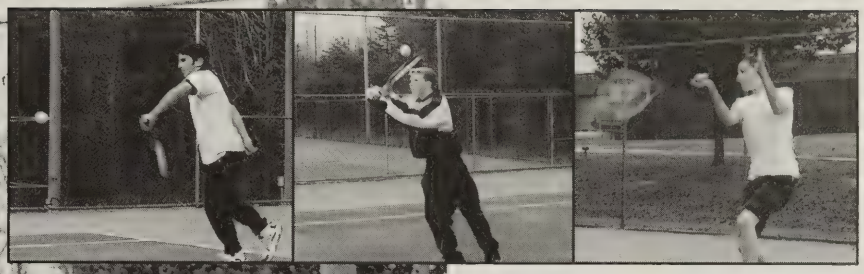
Row 1: Bryman Penman, Christian Gauthier, Danny Etter, Adam Dunn , Josh Diddoms, Steven Grotsky

Row 2: David Layton, Txomin Trueba, Drew Graeber, Dan McCleese, Andrew Smithey, Paul McHugh, Jeff Simmons

Row3: Laura Sullivan, Peter Schomp, Eddie Larkin, Andrew Levya, David Morrow, Ivan Jenkins, Coach Sturt

Emily Kulbeth

Reach for the stars!
A powerful hit is beneficial in the sport of tennis. Junior Justin Marlowe displays his strength in this skill and remembers to follow through.



Making a Connection!
Connections between a player's racket and the ball is the only way to win the match. Junior Ivan Jenkins focused.

Boys Tennis Scoreboard

NS		Opp
3	Stafford	6
7	Colonial Forge	2
6	Faquier	3
6	Sherando	0
2	Culpeper	7
2	James Wood	7
1	Brooke Point	8
3	Stafford	6

Running AGAINST THE WIND

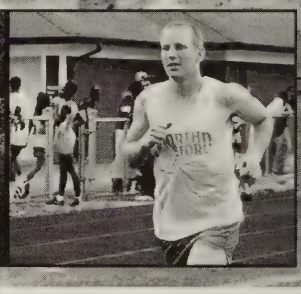
On your mark, get set, go! Spring track is one of the most difficult, yet also one of the most rewarding spring sports. The team members work towards individual, as well as personal goals.

"The best part of track was when our boys team broke the 4 x 100 record", said senior Jerome Rogers.

Track also offers a variety of events to participate in. Both excellent short distance and long distance runners are needed to help the team reach its full potential. For those athletes who are not the best runners, they can still participate in field events such as shot-put, discus, long jumping, or high jumping.

No matter what event an athlete participates in, they are all welcome to the team. A very strong team bond is clearly present within the track team. Many friendships made during the season, and kept.

"Our team has been through a lot, and it has gotten smaller and smaller. But those who have continued to run throughout the years have a strong spirit and a body that is well tuned and refined. Nothing is greater than the esprit de corps that bonds us together", said junior Rascheka Pitts. Sophomore Kristen Shyring said, "We have a lot of promising new comers on the girls team".



Many team members agree that the accomplishments they see far outweigh the hard work.

Junior Janina Patterson said, "It's a lot of hard work, but it all pays off in the end".

— Michelle Ensrud

Boys Row 1: M. Zayas, C. Abbott, M. Green, G. hall. S. Brown, R. McCauley, J. Baker, A. Glasco **Row 2**: B. Danlan, D. Mitchell, J. Rhoten, A. Boswell, R. Carnicom, R. Davis, E. Huber, C. Seabolt, J. Mercer **Row 3**: P. Brown, D. Carnicom, M. Donovan, E. Robinson, J. Morgan, B. Mallory, B. Scott, M. Honeycutt, N. Misyak **Row 4**: Coach Burger, L. Smith, J. Rogers, W. Hagen, J. Fullerton, E. Lugg, P. Edwards, R. Payton, D. Flodstrom, Coach Welker **Row 5**: M. Mattocks, A. Parks, A. Hill, P. Hodge, S. Snyder, S. Blankenship, A. Hugentober, S. Durham, J. Daniels, Coach Fern

Emily Kulbeth

Practice makes perfect.
Senior Russell Payton, Senior Jerome Rogers, sophomore Casey Seabolt, and junior Anthony Boswell sprint the last leg of the track durind practice. The boys 4 x 100 team broke the school and state record this year.

Get set!
Sophomore Nikita Mare prepares on the starting line for a quick lap at a meet held at Colonial Forge High School.

Emily Kulbeth

Emily Kulbeth

Stretch it out!
After two warm-up laps, senior Jeremy Rees takes time to stretch. Stretching helped losen up and prevent cramps when running.

Girls Row 1: R.Pitts, N. Hare, K. Swecker, C. Middleton, C. Bradford, T, Jones, C. Love **Row 2**: J. Dunbar, J. Speight, A. Williams, A. Cox, N. Coulombe, D. Summerhill, N. Doig **Row 3**: S. Kelley, E. Floodstrom, T. Hicks, J. Harrison, C. Parrish, T. Pelletier, S. Shull, B. Kelley, E. Almand, M. Chishley, R, Herbert **Row 4**: E, Doolittle, S. Millet, G. Aponte, J. Philson, C. Noriega, A. Burke, C. Robinson, S. Metzgo, J. Mallory, Coach Burger, K. Shiring **Row5**: Coach Casto, P. Rebeiro, C. Wells, C. Carmon, G. Andrews, V. Buskirk, K. Martz, M. Daniels, R. Edwards, Coach Welker

Emily Kulbeth

Determination and dedication proved to be the key elements needed in order to achieve success for the 2000 spring sports teams. Early morning practices, running on horrendous hills, and teamwork led to victory. Three teams proudly finished their seasons undefeated, and learned that hard work definitely pays off.

The Varsity Boy's Soccer team's motto was, "Practice makes perfect." They stuck to this and had an outstanding season. The Varsity Girl's Team finished with an undefeated season. They were very proud of this accomplishment. The JV Boys Soccer team also had a perfect record to brag about. The JV Girls team had a great building year that was guided by their close friendships.

The Varsity Baseball Team managed to hustle even in their morning practices. This was clear on the field. The Varsity Softball Team won the District Title this season and say that teamwork is what led them to their accomplishment. The JV Softball and Baseball teams had building seasons. The majority of the players were underclassmen, so pulling together was a must.

The Varsity Lacrosse team kept the tradition of excellence alive with an undefeated season. They knew what it meant to work-and work hard. The JV team looked up to the varsity team and also worked very hard.

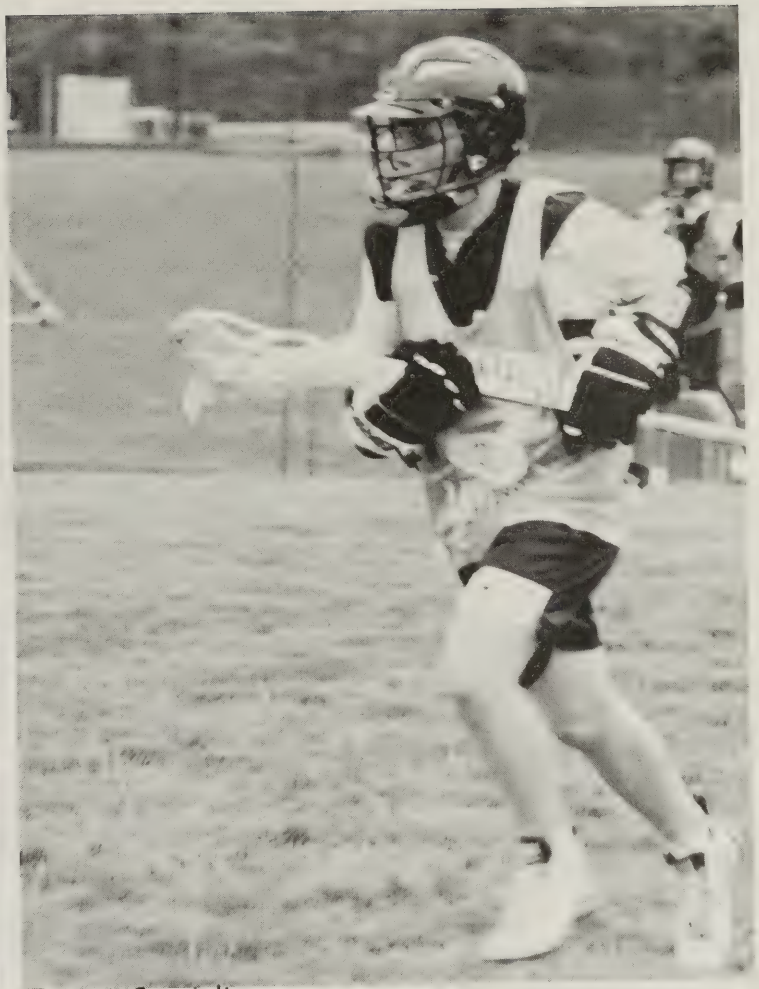
The Spring Track team had many accomplishments this season. The boys broke their 4 x 1 record. The small team was able to incorporate their different talents for the betterment of the team. The Spring Tennis Team learned how to work together. Difficult practices trained the team well.

The Spring 2000 season was a triumphant one for all. Everyone was able to take something away from their experience.

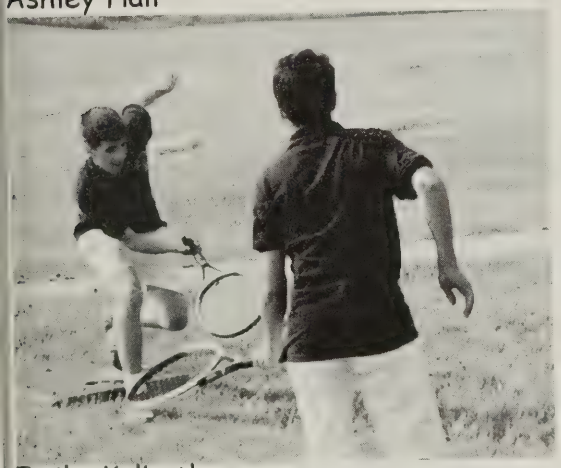
-Kate Waldhauser

Spring RECAP

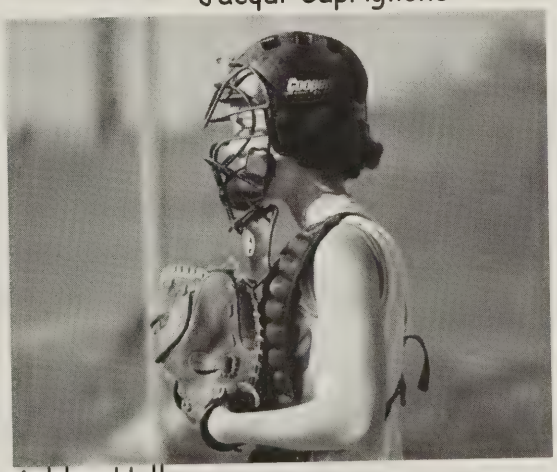
Ashley Hall



Jacqui Capriglione



Emily Kulbeth



Ashley Hall

Jessica Loy

Spirit's ALL HERE

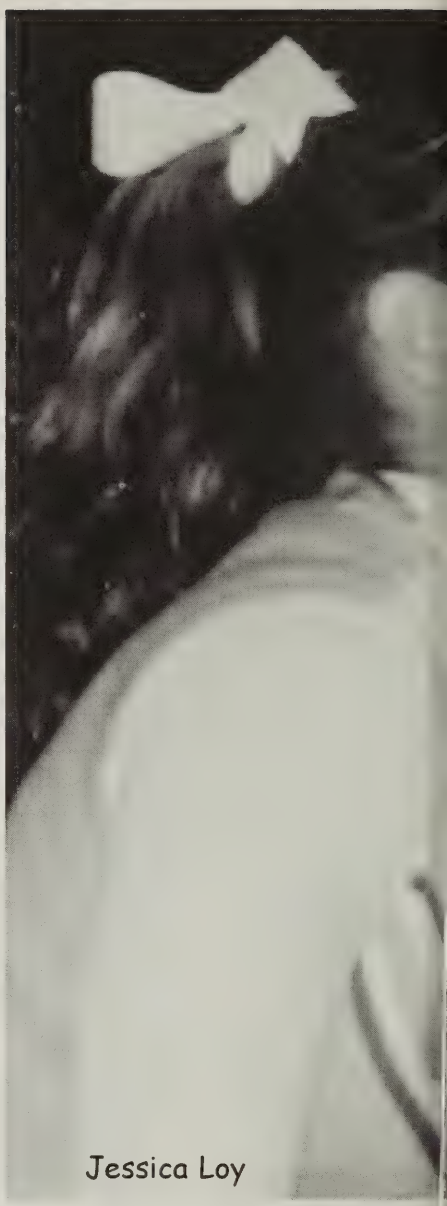
The members of the cheerleading squad resent that cheerleading is not a sport. "We do the same stuff, if not more. We practice year round. We don't stop until we're done with competition, which is at the end of April. We go to the weight room and run like other sports teams," senior Carrie Gann said. Cheerleading can get so tough that even the guys can't take it. "Hitting your stunts and motions so that everything looks sharp and good is one of the hardest things about cheerleading," junior Reva-Ann Williams said. "No matter what kind of day you have you have to smile is another hard thing about it," junior Serena Tyson said.

As far as competition goes, senior Amy Savarese said, "I think we have a lot of potential and talent." Most of the other girls on the squad are excited about the competitions. "I'm really excited and I think we're going to do really well. I'm also scared because it's something new to me," sophomore Nikki Doke said.

When pep rallies or games came around the cheerleaders added oomph to the events. They made signs, made the fans make noise and show their spirit.

When the seniors end their high school cheerleading days they will miss it. "We've had a lot of laughs and for the past 3 years, collected a lot of memories," senior Lauren Parker said.

-Valene Evans



Jessica Loy

Row 1: Melissa Wotherspoon, Nikki Doke, Erica Ziegenhorn, Serena Tyson
Row 2: Amy Savarese, Elise Jackson, Carrie Gann, Melissa Connors, Reva-Ann Williams, Tess Winkler
Row 3: Rachel Marindino, Whitney Lanham, Anna Willard, Megan Leeds, Paige Zacharzuk

Jessica Loy

Let's Go!
Senior Lauren Parker yells with all her might during a cheer at a football game. The cheerleaders helped to pump up the crowd at sporting events throughout the year.

Pump it up!
Whitney Lanham, Megan Leeds, and Melissa Connors pound their megaphones on the track to add noise to their cheer during a football game.

"We do the same things as other sports if not more. We practice year round until we are finished with competition."
Carrie Gann 12

"Cheerleading is a lot harder than most people think. Sometimes the guy's can't even handle it."
Elise Jackson 11

"I used to dance and it was a lot of fun, but I thought I'd enjoy cheerleading more and thought it would be a challenge."
Erica Ziegenhorn 10

"We have had so many memories these past three years. So many laughs have passed us that I will never forget."
Lauren Parker 12

Go BIG BLUE!

"The bus rides were the best. Especially when we rode with JV. We all had so much fun singing songs and telling jokes," said, freshmen, Shannon Hudkins and Kristen Coia. They pumped up the crowd at games and pep rallies, and showed their spirit on school spirit days. The memories they shared over the season are important and the experiences too. The cheerleaders had many funny memories. Their memories ranged anywhere from mud to falling at games. "The funniest thing was when Izzy fell in the mud in front of the football players," said sophomore's Kaelan Wilshaw and Allison Armstrong.

Along with the funny experiences the cheerleaders learned new things while they had fun. They learned new stunts like reloads to fulls, full cradle reload, and full twist stunts and also had fun at pep rallies. "The best part about this season was the pep rallies! They pump me up just having everyone looking at you and then you can do stunts that make yourself look really good. I love stunts!" said sophomore Amber Burke.

Both of the squads had special memories, both separately and together. There were fun ones and funny ones, ones of pep rallies and new stunts too. They had lots of new experiences and adjustments to make with new coaches and new people to meet they still had fun pumping up the crowd!

-Christina Stevens

Freshman Row 1: Samantha King, Shannon Hudkins, Jacylnn Wasek, Christine Durphy
Row 2: Shannon Jones, Amanda Bell, Kym Lytle, Kristen Coia, Alli Galvin, Amie Fowler
Not shown: Jenna Ringhoffer, Kati Sumners
JV Row 1: Alison Armstrong, Kari Olechowicz, Rebecca Williamson
Row 2: Amber Burke, Clarissa Tornai, Elizabeth Shotwell, Krista Olechowicz
Row 3: Kaelan Wilshaw, Shannon Moreau, Julianne Metzger, Lindsey Brown
Not shown: Jen Schimpf, Ashley Jones

"The funniest thing that happened this year was when I was doing a jump and I landed directly on my butt in front of everyone."
Clarissa Tornai 10

"Cheerleading is a great way to meet people and it is always fun."
Kari Olechowicz 10

Heather Ruth

"Cradle 1..2!"
This year the JV Cheerleaders did a lot of refining on their stunts. Sophomores Izzy Shotwell, Amber Burke, and Ashley Jones are preparing to cradle sophomore Allison Armstrong.

Bend over backwards!
Gymnastics also came into play in cheerleading. Freshman Jenna Ringhoffer does a back handspring like a pro.

Heather Ruth

Heather Ruth

Hold it!
JV cheerleaders were practicing their stunts on the track after school. Extensive practices on stunts were a large part of their strategy. All the cheerleaders agreed the work was worth it.

"The best thing about the season is riding the bus. We sing and laugh the whole way.
Kristen Coia 9

"The funniest thing about the was when Izzy fell in the the mud in front of the football players."
Allison Armstrong 10

"Our stunts greatly improved this year and we worked really well together."
Kaelan Wilshaw 10

Ribbit!
To spice up the drills, the girls team made them fun by playing leapfrog. Senior Carly Hatcher shows how much fun they had.

Ready to run!
The Varsity Boys team waits for the gun to start their race. After warming up and stretching they were ready to go.

Coco Walters

Coco Walters

Coco Walters

Jump Around!
Drills were part of cross country practice. For a jumping drill, the girls team supported each other and took turns jumping while helping juhior Katherine Sigler.

"Our 'nerdy' coach was pretty cool except for the fact that he made us run about 40 miles a week."
-Katherine Sigler, 11

"After the William and Mary meet we walked around taking pictures and looking for the hot guys in the jeep."
-Julie Gates, 11

"Our new coach made season great and really helped us improve."
-Richard Carnicum, 1

On The ROAD AGAIN

A question that's asked quite frequently, Why do runners run? Senior Michael Donovan said, "We just do!"

The girls and boys teams both had the same coach and practiced together with the new coach, Coach Kolhler.

"Our new coach helped each of us improve and made our individual races better," said Senior Richard Carnicum.

Junior Katherine Sigler said, "Coach Kolhler was actually pretty cool except for the fact that he made us run about 40 miles a week!"

Besides all the running, the teams made many memories that they share together.

"We had to take a bus with Brooke Point to Districts and Regionals, and we'd sit there staring at them and blasting our music to annoy them," said Senior Billy Mallory.

Junior Julie Oakes said, "After the William and Mary meet, us girls walked around taking pictures and looking for the HOT guys in the jeep."

While bonding and making memories, the teams grew closer, got better, and advanced together.

"Our Varsity girls became really close during practices and the team unity that was formed paid off in the races," said Sophomore Casey Middleton.

The boys team finished fifth in Districts and sent Senior Richard Carnicum and Sophomore Josh Mercer to Regionals. The girls placed fourth in Districts and all went on to the Regional meet. Junior Kristyn Shiring came in fourth there and went onto States.

By: Megan Bieber

Row 1: Daniel Stone, Katherine Sigler, Jennifer Mallory, Carly Hatcher, Blake Thillkey, Josh Mercer, Jameson Brunkow
Row 2: Kristyn Shiring, Deenie Kidby, Megan Bieber, J. P. Larkin, Claire Palmquist, Katie Sperry, Julie Oakes, Sarah Bostleman, Dan Green, Shannon Cotton,
Row 3: Matt Bieber, Stephanie Meletis, Daniel Stumpf, Stephanie Porter, Amanda Williamson, Krystale Noriega, Katherine Swecker, Casey Middleton, Janet Martini
Row 4: Nathanael Morey, Raymond McConnell, Byron Trafton, Sidney Dement, Richard Carnicom, Billy Mallory, Mike Donavan, Blake Gauthier, Eddie Larkin, Coach Koehler

"The best thing about this season was blaring our music on the bus to annoy Brooke Point."
-Billy Mallory, 12

"What I'll remember most about are the season is the bus rides and how crazy our coach was during races."
-Mike Zayas, 12

"Our girls team became very close this season and the unity paid off."
-Casey Middleton, 10

Varsity Field Hockey Scoreboard

NSHS		Opp
1	Culpeper	2
1	Brooke Point	0
1	Colonial Forge	3
3	Fauquier	1
2	Woodbridge	4
2	Culpeper	0
2	Brooke Point	3
2	Colonial Forge	0
0	Fauquier	3
0	Woodbridge	1
1	Stafford	2
0	Stafford	3
	Districts	
1	Culpeper	0
1	Stafford	2
	Regionals	
1	Abemarle	0
2	Stafford	3
	States	
0	Princess Anne	3

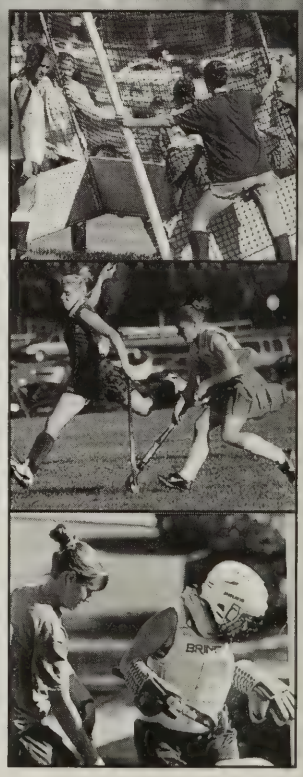
Blowin' in the wind...
A good defense player has speed. Senior Lauren Boatwright uses her to blow past a member of the opposing team.

Ashley Hall

Pack rats
Team unity is evident in successful team. The players entered onto the field as a unit each wearing a face of stern determination.

Ashley Hall

Push 'em back!
Push hits is a fundamental skill in the sport of field hockey. Junior Kristen Sondermann practiced perfecting her technique.



Ashley Hall

Dreams HELD HIGH

The Varsity Field Hockey team's goal this season was to become like the birds in the sky. They strived to imitate the flying "V." If anyone was hurt two stayed with them , if anyone became tired it was their teammates responsibilty to support them and take over their spot if it was needed.

This philosophy helped the team make it to all the way to states. "There is a presidence set from teams in other years, and we not satisfied unless we make it to states" said Coach Cwick.

"We always want to do a little better than the team before us, we learn from their mistakes and apply them to improve our game" said junior Tracy Oakes.

"I didn't know if we would do as well as we wanted to at the beginning of the season, but we practiced hard and pulled together, and ended up doing even better than we were expecting to" said Senior Jessica Olechowicz.

Team unity was of importance to the girls. "We are all friends off the field, which helps come game time, when you need to be able to trust your teammates" said Senior Dana Pruessner.

Unity, desire to help one another, and determination were a winning combination for the ladies with both their sticks and dreams held high.

-By Megan Tunney

Row 1: Jessica Olechowicz, Katie Thomen, Dana Pruessner, Julie Price, Kristen Sondermann
Row 2: Erin Cwick, Melissa Barrett, Jessie Trosclair, KiKi Long, Jenn Ashinhurst, Kelly Bernier
Row 3: Coach Cwick, Tracy Oakes, Lauren Boatwright, Paula Constable, Kelly Hartman, Lesley Street, Coach Scott

Sticks Down, FEET AROUND...

Sleepovers, team meetings, and winning their first game were just a few of the ways that the JV field hockey girls bonded to make a strong team. Whether the girls lost a game or not, they still stayed strong. However it proved to be a more rewarding when they won a game. "It was exciting, and fun, we killed them," sophomore Carolyn Bradford described on winning their first game.

The fun did not come from just winning a game. The girls did other things to have team bonding together. "When we all had a party at Marlo's house, that was one of the exciting things about the season," said sophomore Nicole Coulombe.

The season was not all smiles and laughs. There were a few things that could make the field hockey girls attitudes turn sour. "Losing to a team that you really hate," said sophomore Karen Price on one of the downsides to playing the sport.

"When I moved up and we lost districts and you could not say anything to make them feel better," sophomore Marlo Cobb said about one of her most memorable experiences.

Through the many team bonding events, winning most games, though losing a few, the JV field hockey girls seemed to have a very rewarding season. Coming together and working as a team proved to be a positive thing. "When the team works together, and they have a successful outcome, it is the most rewarding experience," sophomore Rachael Cooper said.

-Jennifer Mitchell

Row 1: Jessica Phillips, Erica Doolittle, Janelle Baker, Amber Williams, Karen Price, Steffinni Leyva
Row 2: Carolyn Bradford, Daniele Summerhill, Erin West, Nicole Coulombe, Larren Lawson, Jamie Judd
Row 3: Erin Murphy, Kim Luckey, Megan Caller, Rachel Cooper, Marlo Cobb, Amy Whittle, Coach Tober

Kristina Palangi

Block that ball! Ready for anything, sophomore Nicole Coulombe prepares to receive the ball from her teammate. Staying in ready position prepares them for when they play in the games.

Who's Got Spirit?
The JV field hockey girls make sure to share a team bonding moment before their game. Raising their sticks high, the girls prove the definition of team spirit!

Kristina Palangi

JV Field Hockey Scoreboard

NS		Opp
8	Culpeper	0
3	Brooke Point	0
5	Colonial Forge	0
2	Faquier	0
2	Woodbridge	0
5	Culpeper	0
4	Brooke Point	1
4	Colonial Forge	0
1	Faquier	0
1	Woodbridge	0
1	Stafford	1
0	Stafford	3

Safety FEATURES

The Eye of the Tiger
Intimidation is a part of a football team's success. The players stared down their opponets, and got the victory.

The Varsity Football Team strived for excellence again this season. They are a prime example of what dedication, determination, and perseverance can achieve.

"Just being part of a great team, great players, and great coach was the best thing about this season," said senior Jake Griffitts. All of the players took pride in the team they were a part of and formed unforgettable bonds.

The season brought many difficulties that the players faced with courage. One of the hardest features of the season is described by junior David Thompson: "When Coach Cooke was training us during off season, we had to hit the sled. If we didn't do it hard enough, he would scream and yell at us."

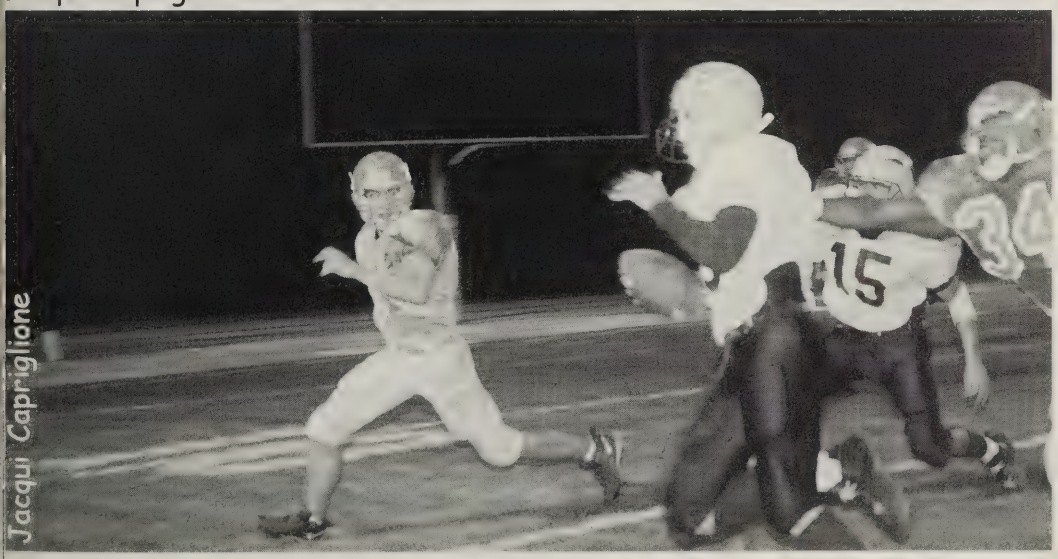
The hard practices definitely paid off. The football team tore the field up, especially at the homecoming game. They defeated James Wood. Many of the players agree this was the highlight of the season. While winning was important to the team, it will never replace all of the lessons the team members learned. "A chance to be a part of a big family, work together, learn, and have fun are things that I will take away from the football team," said sophomore Marc D'Eritida.

-Kate Waldhauser

Row1: M. Savarese, N. Ilaoa, C. Baker, F. Hoggard, J. Kofler, M. Miller, B. Salisbury, M. D'Eritida, A. Elliot
Row 2: Coach Beatty, D. Vivirette, R. Davis, R. Watkins, P. Bryan, R. Griffin, D. Layton, M. Huneycutt, M. Grove, D.Thompson, J. Boney, D. King
Row 3: Coach Malloy, R. Hayes, D. Terry, N. Misyak, D. Wolfe, M. Boone, C. Bennett, K. Tolbert, T. Evans, J. Baldwin, Coach Welker, Coach Cooke, Coach Prady
Row 4: Coach Cooke, J. Griffitts, C. Sparry, M. Barrett, S. Pittman, B. Mauer, D. McKoy, J. Gibbons, K. Luckey **Row 5:** J. Nunnery, J. Borrows, L. Hancock, P. Hodge, A. Hugentober, W. Clapperton, B. Scott

Varsity Football Scoreboard							
	Stonewall:	12-6 win	Liberty:	0-21 loss	Potomac:	0-35 loss
	Brooke Point:	19-27 loss	Culpeper:	14-21 loss (OT)	Faquier:	27-13 win
	Sherando:	34-39 loss	James Wood:	42-12 win	Stafford	14-9 win

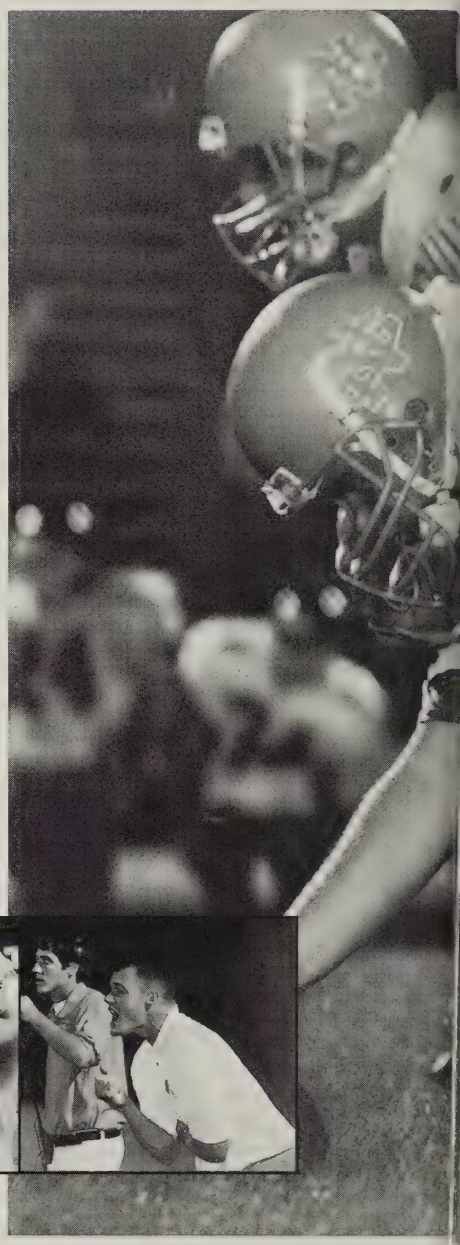
Jacqui Capriglione



Jacqui Capriglione

Iron Wall
Nobody's getting past the strong football team's defense. The Stafford Indians attempted, but were blocked by junior Andy Elliott.

It's GOOD!



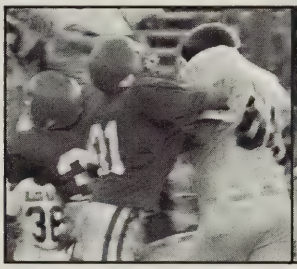
24...39...Hike! While this season was not the best, there was still time for fun and victory. The teams practiced everyday after school. Freshamn Kelvin Lloyd said " Praticing was always hard, but it was necessary."

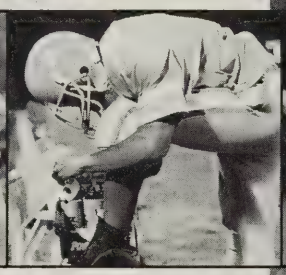
Freshman Robbie Shoop said "The best experience of playing football this year was beating James Wood."

The team spirit ran high with the players. The players kept their heads up, despite what their fellow students said. It all had to do with the strength within the team, even the coaches were involved. Junior Spencer Emert said, "We were lucky we had two great coaches who understood the game.

Even though the season didn't go as well as it was planned, the freshman team had one victory against James Wood. "At least we can say we learned about perserverence," said Freshman Josh Cifuentes.

-Lauren Ayres

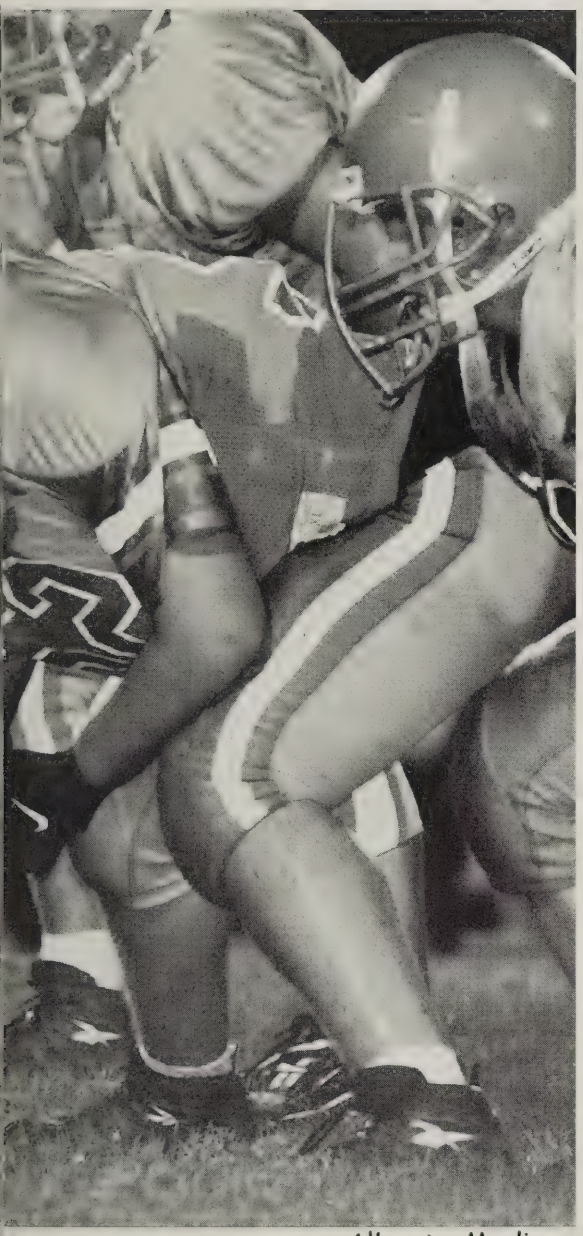




Freshman 1st Row: J. Cifuentes, D. Simms, J. Ritchie, N. Loving, D. Blevins, D. Sullivan, C. Chambers, K. Lloyd
Row 2: B. Dahnert, W. Speight, W. Bryant, A. Lee, D. Rascoe, N. Booth, M. Sweeney, E. Palmquist
Row 3: Coach Spahr, N. Shepherd, J. Blatchford, B. Terry, M. Watt, T. McDonal, Coach Streshley, Coach Parthenakis
Row 4: g. Mireles, r. Keller, M. Collier, D. Harrigan, D. brookins, T. Robinson, A. Misyak, W. Peterson
JV: Row 1: W/ Macecevic, B. Wagner, J. Ford, C. Wasek, M. Mitchell, S. Emhert, T. Petersen, J. Kingmar
Row 2: Coach Malloy, M. Lang, A. Browne. M. Blevins, A. smith, A. Layva, R. Griffin, C. Hagan, Coach Welker
Row 3: G. Reed, R. Jones, T. Baldwin, J. Morales-torres, J. Blochowitz, R. Roby, D. Hundal, J. Grove

Freshman Football Scoreboard

Liberty: Loss
Culpeper: Loss
Sherando: Loss
Potomac: Loss
Colonial Forge: Loss
James Wood: Win
Brooke Point: Loss
Fauqier: Loss
Stafford Loss



Alberto Medina

Ready...set...hike!
Players prepare for the next play. Getting into position was vital to the team in order to have a successful game.

Pump it up!
Everyone must stay motivated during a game. Coach Malloy keeps the JV football team pumped up and explains the next play during a time out.

Alberto Medina

Alberto Medina

Fast feet!
Players must always be thinking "defense" even if they are on offense at the time. Sophomore Phil Haggard blocks the tackle while making a great run.

JV Football Scoreboard

Liberty: Loss	Potomac: Loss	Brooke Point: Loss
Culpeper: Loss	Colonial Forge: Loss	Fauqier: Loss
Sherando: Loss	James Wood: Loss	Stafford: Loss

Sizing it up
Senior Nathan Lanham determines what angle is necessary before performing a crucial putt. Golfers had to know if the green rose, fell, or sloped in order to sink the ball.

Golf Scoreboard

Host School	Ranking
Culpepper	8th
Stafford	7th
Colonial Forge	2nd
Brooke Point	2nd
Stafford	2nd
King George	1st
District Finals	7th

Swing TIME

Playing golf is not as easy as one may think. While some may view the sport of golf boring, the members of the golf team seem to think differently. " I think it's a fun, interesting sport. I like going to different golf courses with friends," said senior Robert Berry.

The eight people that play on the golf team believe that it is not an easy sport and that's what makes it fun and challenging. Daniel Bromley said, "I like playing golf. The skills it takes to not lose your temper after losing a match it's a challenge. I always thought it was an interesting sport."

As a result of golf not being a "traditional" school sport, golfers had to look new places for inspiration. Today, Tiger Woods is a role model for a whole new generation of golfers. For others, family members are their inspiration. For senior Chris Tye, it is one of his parents. "My dad is my inspiration. He plays and he taught me to play."

Some players even have been playing since before they were potty-trained. Senior Nate Lanham knew what he wanted to do. "I started playing around two. I'm glad that now I can play on a team."

Sophomore Tyler Lee said, "Even though it may not get the respect it deserves, I love playing."

-Stephanie Fisk

CoCo Walters

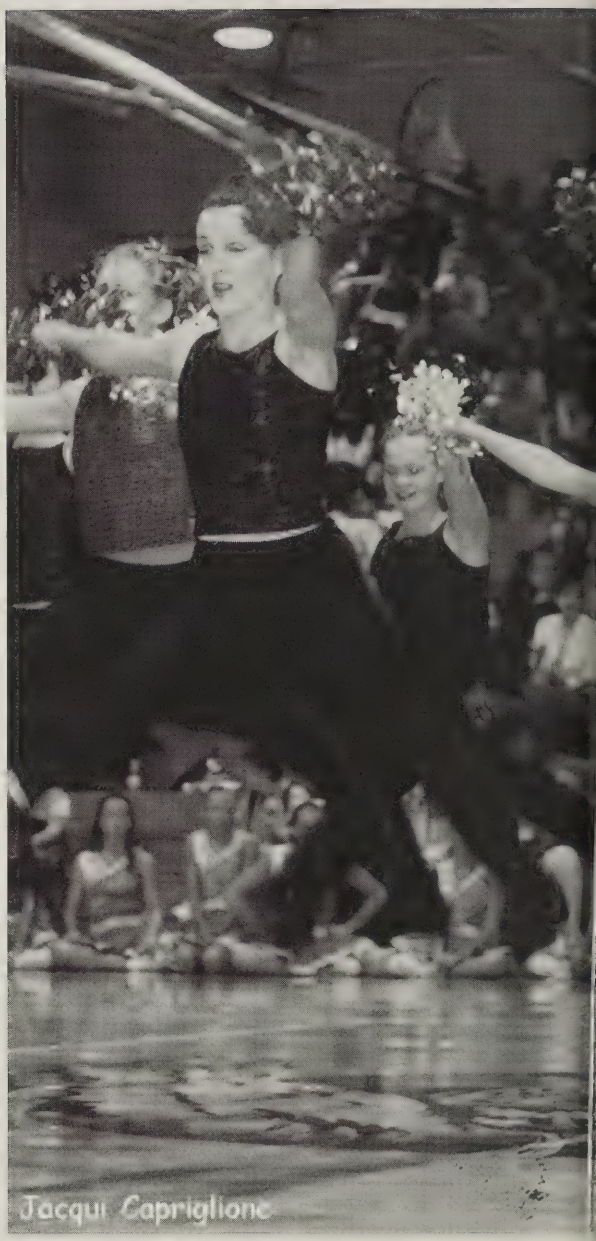
FORE!!
Even golfers have to practice. After school, sophomore Tyler Lee took the time to work on his form. Players could often be seen practicing their technique.

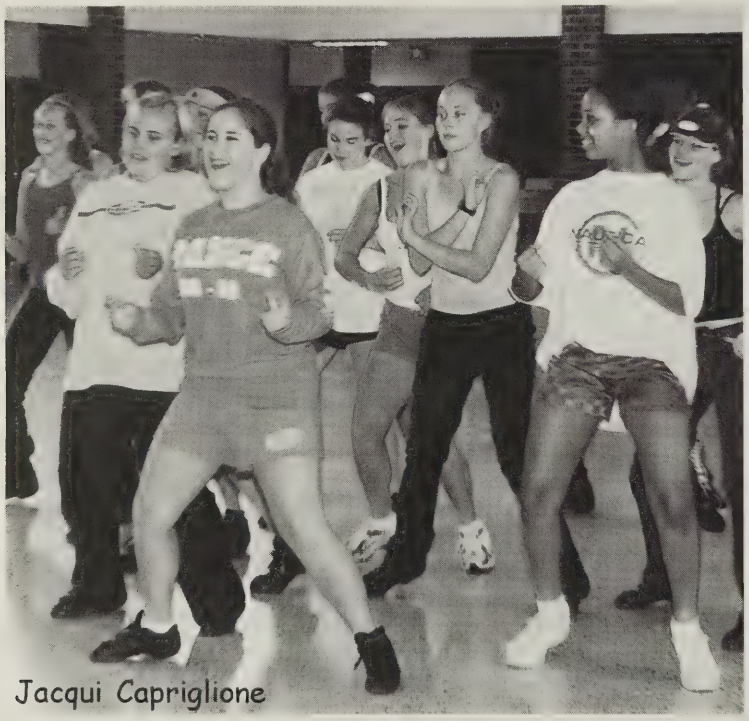
ow 1: Tyler Lee, obert Berry, yle McAleese, Steve oupas
ow 2: Chris Tye, Jathan Lanham, Coach lassiday, Daniel romley

Dancing in the sun.
The Varsity Wolverettes do their dance at the pep ralley before homecoming, getting the crowd ready for the night of the big game. After technical difficulty with the music, they were still able to perform.

Stretch it out!
The Varsity Wolverettes show their flexibility while jumping in the air and doing splits during their dance at the pep ralley. They were one of the highligts of the activities.

Jacqui Capriglione


Jacqui Capriglione

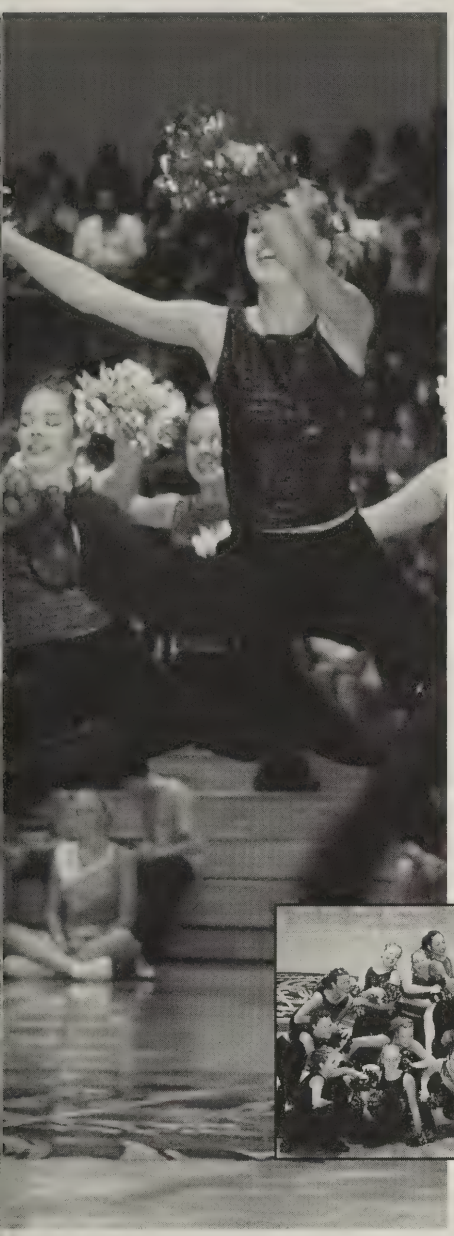

Jacqui Capriglione

Practice makes perfect.
The JV Poms team practices after school to get their moves down. They try hard to prove that they are just as good as the varsity team.

"Poms is so much fun because we all get along really well."
-Rae le Levesque, 10

"Camp was really sressful, but it definitely paid off in the end."
-Theresa Davis, 11

"We work really hard, and when competition comes around, it pays off."
-Kelly Sines, 11



Shake YOUR POM POM

The Poms teams worked hard to please the audiences that they danced for. They concentrated very hard on their dance steps and moves. It obviously payed off. Sophomore captain Didi Scanlon said, "We get along so well and we work hard to get there. No matter how much time we have, we always get our work done."

They danced out on the track in the cold for the football audiences and inside the gym for all the basketball fans. They brought enjoyment to the audience through their dances. They all agree on the best part of being on the dance team. "The best part is the squad itself, we really get along," said sophomore Ashleigh McClure.

Each of them went through a lot of training to get were they are today. The camps were a big part of their lives for a while. "Camp was really stressful, but it payed off in the end," said junior Theresa Davis.

The dance teams pulled together always and managed to have fun every time they performed.

-Drew Cline

JV Row 1: Sarah Bassford, Elaine Kammer, Tabitha Winstead, Theresa Davis, Kelly Sparry, Amanda Tucker,
Row 2: Katie Kaulfers, Gianna Aponte, Colleen Bressler, Rae Leigh Levesque, Chwardi Verser, Carly Heidelbach, Laura Hemblen
Row 3: Jennifer Van Oort, Mandy Sharp, Telia Stuple, Kelly Sines, Madeline Wiley, Cantrell Wells
Varsity Row 1: Didi Scanlon, Caitlyn Steining, Christina Deyak, Megan Bressler
Row 2: Ashleigh McClure, Stephanie Allison, Ashley White, Kaycee Nakamoto, Lauren Riordan, Allison Ives
Row 3: Heidi Gibson, Keli Schloer, Megan Tornai, Chelly Love

"No matter how much time we have, we always get our work done."
-Didi Scanlon, 10

"At times poms can be very stressful but we always pull together in the end."
-Ashley White, 11

"The best part of poms was dancing at the homecoming game."
-Stephanie Allison, 10

Feeling THE LOVE

Girls Tennis is a trying sport that takes a lot of training. The girls obviously thought that it was worth it because they played wonderfully and made it to districts where they beat Stafford Senior High School. After districts, they advanced to regionals where though they played their best, but were unable to defeat Osborne.

Some felt that the people on the team where one of the best aspects of the sport. Katie Fox said, "Tennis was fun because I like the girls on the team, everyone really supported each other."

Tennis, though it is hard work, was worth the trouble. Ashley Powell said, "Tennis was fun, I haven't played it before so it was a new experience." Natalie Murray said, "We played a really good season this year, I look forward to a great season next year."

The girls' determination and hard work showed throughout their terrific season. The manager, Adam Dunn, expressed his feeling about the girl's tremendous season, "It was cool to help out a team that won a lot." Kacie Binks said, "The best part was that we all worked really hard and made it to regionals." The girls had a terrific time and will no doubt do the same next year.

— Sarah Budowle

Caitlyn Steining

Row 1: Laura Sullivan, Muso Chukwu, Etomgi Chukwu, Pam Cassell, Chelsea McNair, Natalie Murray
Row 2: Cassandra Landon, Jessica Merrill, Katie Fox, Emily Dahlkamp, Ashley Powell, Cassandra Carlton
Row 3: Katie Sandkuhler, Kacie Binks, Katie Walters, Melody Schwarz, Elizabeth Driegert, Coach Margaret Sturt

Let's Hit it!
Hitting forehands is something everyone on the team must be able to do. Freshman Cassandra Carlton practiced hers after school.

Be Prepared!
The top eight players warm up before a tennis match. Sophomore Natalie Murray is no exception, as she worked hard to prepare for the match.

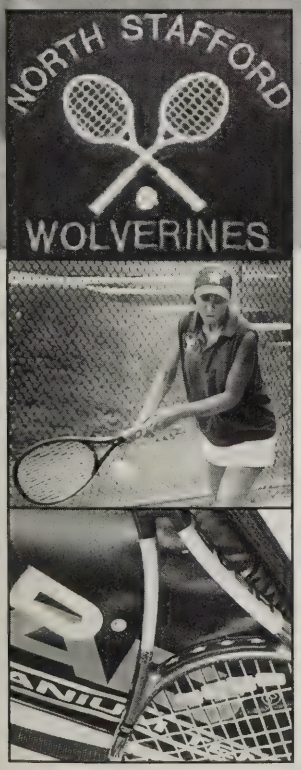
Caitlyn Steining

Girls Tennis Scoreboard

NSHS		Opp
7	Brooke Point	2
9	Colonial Forge	0
4	Stafford	5
9	James Wood	0
8	Fauquier	1
6	Sherando	3
8	Culpeper	1
9	Brooke Point	0
9	Colonial Forge	0
3	Stafford	6

Caitlyn Steining

Twice as nice!
Tennis couples have to work closely with one another. senior Katie Sandkuhler and sophomore Laura Sullivan sit together on the bench. Sandkuhler said, "I couldn't have asked for a better partner" when asked about teammate Sullivan.



I got your back!
Players often have to back each other up as junior Heather Shannon, senior Joy Doggett and sophomore Alta Stokes demonstrate. Backing up was essential to keep the ball going.

Reach for the stars!
To keep the ball from crashing on the floor, seniors Jazminia Griffith and Joy Doggett work together. Teamwork not only built friendship, but was crucial to the team.

Emily Kulbeth

Emily Kulbeth

Emily Kulbeth

We are family!
When the team does well, everyone can tell as the team congratulates each other. Players were there for each other in times of greatness and sorrow creating a closeness among players.

Varsity Volleyball Scoreboard

Sherando:Loss, Loss, Loss
Stonewall Jackson:Loss
Faquier: Loss, Loss
Brooke Point: Win, Win
JR Tucker:Win
Potomac:Loss
Stafford: Win, Loss
Colonial Forge: Loss, Loss, Loss
Culpeper: Win, Win
James Wood: Loss, Loss

Vertical AMBITIONS

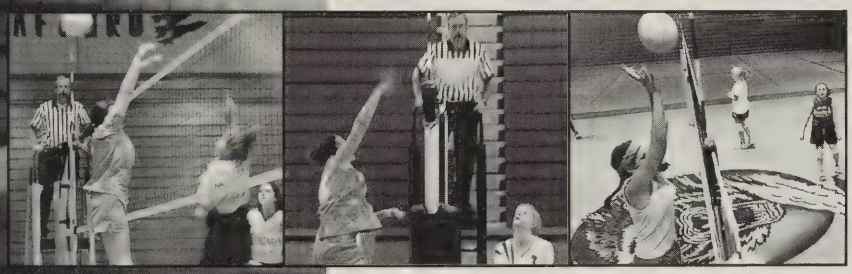
It was volleyball's sophomore year and the first time to have returning players. Ten players returned for their second year while just as many were first-timers. This meant the team had to build their teamwork and cooperation. Plus, they had to work on not only doing well physically, but also mentally. "We would get frustrated and lose concentration, but we were able to work it out," sophomore Maile Daniels said.

To help make the team better and improve, Coach Oliver and Coach Clarke were there. They gave their guidance and help to make the team better and to have a little fun. Junior Laura Welch said, "Coach Oliver is awesome and we always have fun with her, especially with breaking chairs, snorting, static cling and counting problems."

All the extra work and dedication to work together paid off. "We often played teams that have been around forever and they struggled to beat us," said senior Jazminia Griffith.

After the season ended, the players were looking ahead to the next year. "I'm looking forward to kicking butt next year!" sophomore Sabrina Shull said.

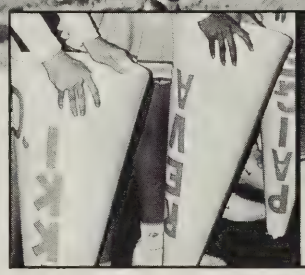
-Kristina Arnold



JV Row 1: Jessica Micks, Sharon Higgins, Katie Duncan, Sabrina Shull, Sarah Couch, Shauna Wolfe
Row 2: Catherine Walters, Malie Daniels, Tracy Carroll
Varsity Row 1: Laura Welch, Heather Shannon, Lindsay Sollers, Fiona Apple, Alta Stokes, Liz Pelletier
Row 2: Sarah Wisman, Megan Hanscom, Jazminia Griffith, Joy Doggett, Jenn Bennett, Coach Oliver

JV Volleyball Scoreboard

Sherando:Loss, Loss
Fauqier: Loss, Loss
Colonial Forge: Win, Loss
Potomac: Win
Stafford: Loss, Loss
Brooke Point: Win, Win
Culpeper: Win, Win
James Wood: Loss, Loss



With the start of the school year, athletes started training. On any given day, one could walk the grounds of the school and hear the sounds of the sports program: the slap of the Cross Country runners shoes on the asphalt, the cheers of a squad practicing in the gym, or the thud as a football player is tackled.

The Varsity Field Hockey team continued their tradition of excellence, by beating county rival Stafford in an exciting overtime victory to secure the regional title, and advanced to states.Their hard work and dedication rubbed off on the JV team who had a record of 10-1-1, including 9 shut outs.

The varsity football players had reason to celebrate when they pummeled James Wood and won the homecoming game. Standout senior Nate Ilaoa broke the state record for rushing yardage in a single season. The JV and freshman teams had a rebuilding year, and worked on perfecting technique.

Cross Country started off the season with new leadership. A new coach offered a style of practice which resulted in the boys team placing 5th in Districts, and the girls placing fourth in districts and sending junior Kristyn Shiring to states.

The girls tennis team enjoyed a phenomenonal season beating Stafford in Districts and advancing to regionals.

The golf team celebrated another season by finishing 7th in the District final. One golfer, Nate Lanham, qualified for regionals.

It was volleyball's sophomore year, and the team relished having returning players for the first time. The Varsity team had an overall record of 6-13, while JV's was 6-9.

All three cheerleading squads braved freezing temperatures to cheer on the football teams. They also began preparations for competition held in the spring.

The poms squad spent hours perfecting rountine, most notebly, the rountine performed during the halftime show at the homecoming game.

Summer may have been winding down, but the teams were just gearing up. Endless hours of practicing often led to victories. Whether it was a wildly successful season, or a rebuilding year, the athletes showed that there is no wrong way to show school spirit.

Fall RECAP

Courage ON COURT

The boys basketball team overcame the slump from last year, and had a great season. They had a large amount of determination which helped them through the season along with team spirit.

The team was extremely fond of their new coach. Junior Jared Fowler said, "Behind the good coaching we have, and the amount of talent, we should expect win every game we go into. We are coming along pretty well and are improving." The team backs their coach and also gives him a lot of credit for their wonderful skills.

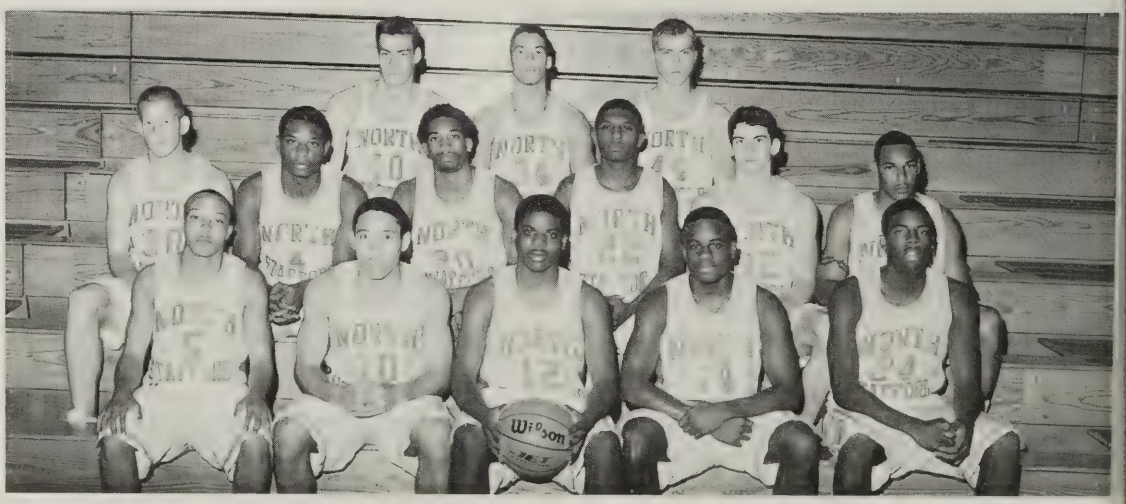
The basketball players also seemed fairly intent upon winning at the Commonwealth District. Sophomore Tony Evans said, "I believe that our team is by far the best team in the district and one of the best teams in the region. We have a lot of talent and even though we are doing better this year that last year, we still haven't for filled our vision of at least a district title. With our new coach, I think that we will have a district title and more."

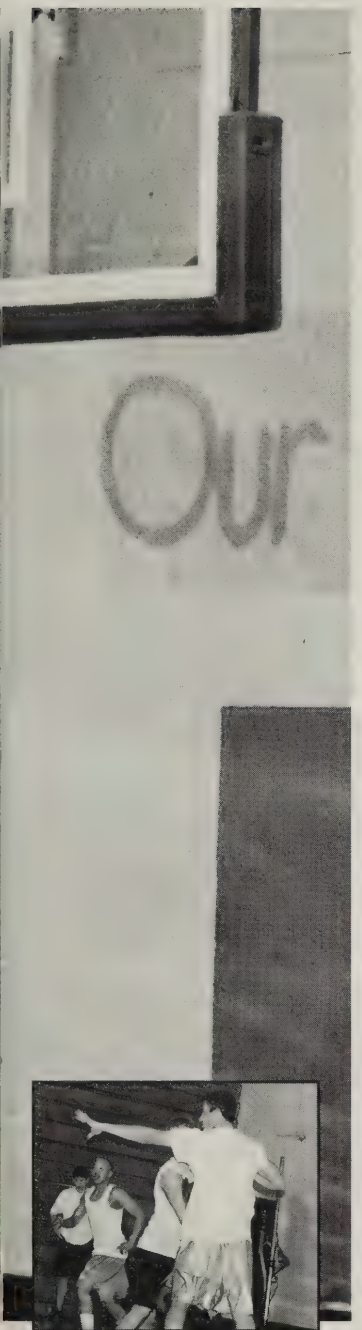
Senior Wayne Austin said, "I think we'll be really competitive in the Commonwealth District this year." The team played together wonderfully. Senior Billy Mallory, said, "This year is a lot different than last year; we actually won." Junior Bryan Williams, summed up the team spirit when he said, "I believe the team this year demonstrated good on-court unity and off the court unity, something missing in past years."

-Sarah Budowle

Jessica Loy

Row 1: Leon White, Ryan Rowson, Trevon Patterson, George Davis, Bryan Williams
Row 2: Billy Mallory, Tony Evans, Vance McDonald, Jared Fowler, Andy Parks, Wayne Auston
Row 3: Nathan Lanham, Josh Baldwin, Will Clapperton





Look ma...two hands!!
At practice, senior Andy Parks works on his reverse slam dunk. He later used this dunk to be crowned the "Slam Dunk King."

Entrapment
The team was known for their ruthless defense. Three players work on this tactic by surrounding senior Leon White.

Jessica Loy

Jessica Loy

Varsity Boys Basketball Scoreboard

NS		Opp
83	Spotsylvania	53
64	Massaponax	60
63	Garfield	71
81	James Wood	63
52	Garfield	71
59	Fauquier	69
57	Sherando	51
48	Lake Braddock	56
69	Edison	42
43	Oakton	46
47	Stafford	42
63	Culpeper	59
50	Colonial Forge	43
46	Courtland	39
58	Courtland	47
51	Brooke Point	41
57	Culpeper	48
62	James Wood	69
50	Fauquier	62
46	Stafford	52
51	Colonial Forge	34
55	Sherando	63
77	Brooke Point	62
66	Culpeper	60
72	James Wood	55
57	Sherando	59

Boy talk
Encouragment often helps players to shine on the court. Coach Brown demonstrated that this positive coaching style was successful, as his team won game after game with an end record of 16-10.

For Love AND BASKETBALL

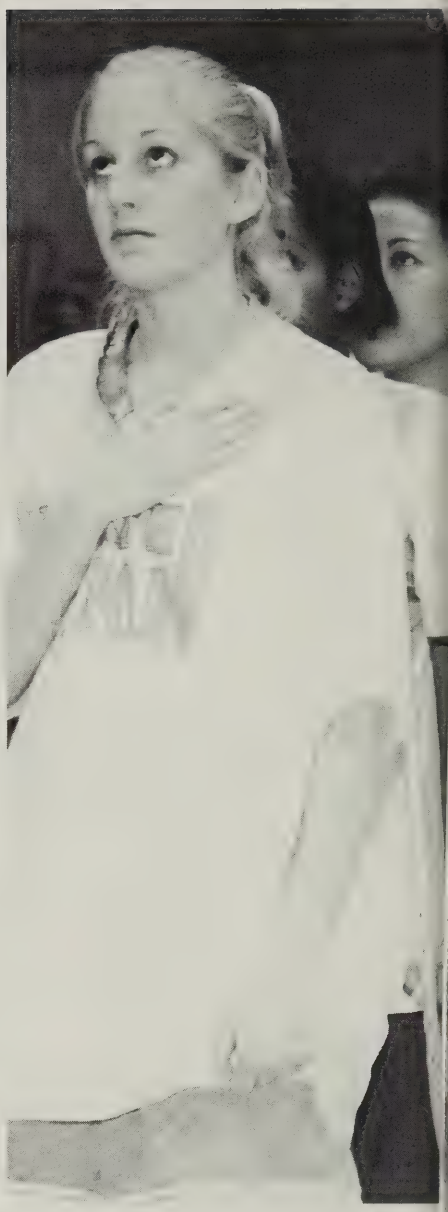
For those who think that basketball is only practices, coaches yelling, and jammed fingers, you are mistaken. It can be so much more when the players are devoted to the sport and one another. The Varsity girls are evidence that dedication pays off. Whether it was just a funny moment at practice or just goofing off with teammates, these girls show true team bonding. "Playing with everyone, and having such a good coach, and learning how to spell Mississippi with one "I," said junior Brandi Jones. It was one of the high points of playing basketball.

The girls proved to everyone that they are not only a team out to win games, but to get along with one another and just go out to have fun. Letting people know that there are many perks to playing basketball, and that it isn't just some sport. "Playing with all the people on the team and getting to know everyone, and having good teamwork are some of the things that make basketball fun," junior Leilani Crumpton said.

This is a serious sport, and practice and hard work get this team to win their games, but they still know when to kick back with each other and have a good laugh.

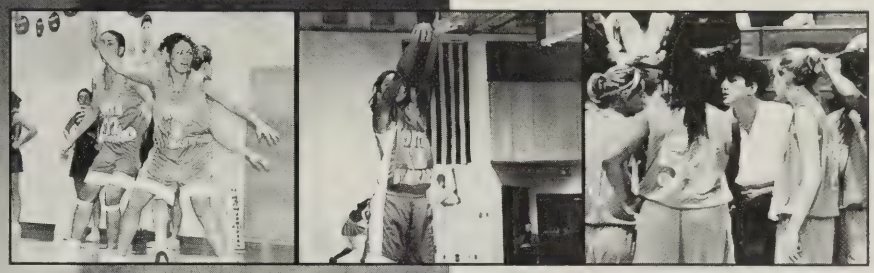
Teamwork, bonding, and spirit are just some of the ingredients that make up the girls varsity team. Going into each game with a positive attitude, its no wonder these girls are undefeated in the district.

-Jen Mitchell



Row 1: Elise Reed, Julianne Whitten, Joy Doggett, Pam Cassell, Kaipo Daniels,
Row 2: Christina Carmon, Brandie Jones, Leilani Crumpton, Megan Hanscom, Cassidy Fludd, Maile Daniels
Row 3: Coach Oliver, Jen Mallory, Coach Raines

Hand in Hand
The Varsity girls were extremely dedicated to one another. Before each game, the girls practiced a pre-game ritual of laying on the middle of the court and saying a prayer.



Old Glory
Before each game, everyone in the gym must stand for the singing of the National Anthem. All players stood in a line, hand over hearts, and took a minute to salute the flag.

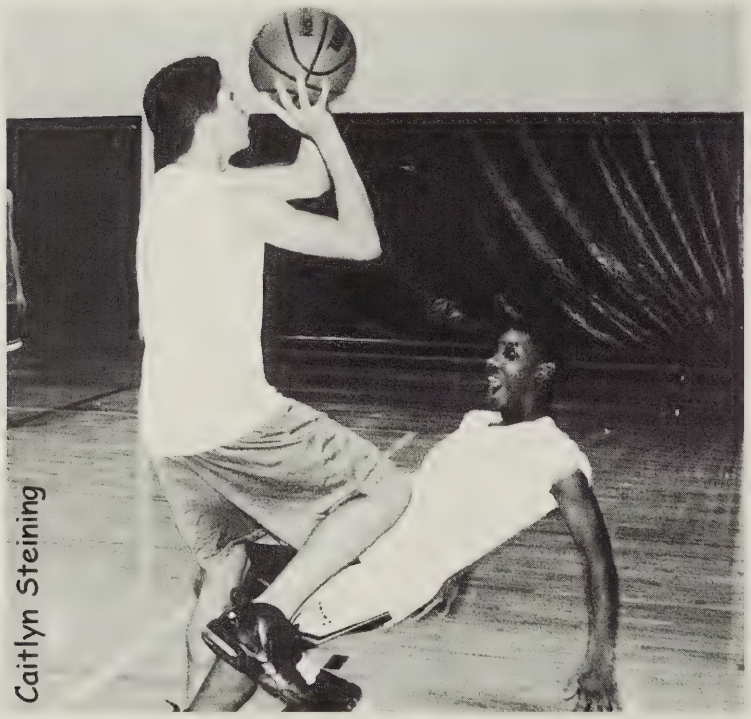
Varsity Girls Basketball Scoreboard

NS		Opp
43	Franklin	33
58	Pulaski	52
41	Albermarle	43
52	James Wood	31
53	Garfield	60
57	Fauquier	31
74	Sherando	32
44	Lake Braddock	47
44	Langley	60
58	Freeman	67
54	Stafford	47
54	Culpeper	30
58	Colonial Forge	43
66	Brooke Point	46
75	Culpeper	35
59	James Wood	40
53	Fauquier	29
62	Stafford	43
56	Colonial Forge	30
73	Sherando	41
73	Brooke Point	38
66	Fauquier	47
73	Brooke Point	41
70	Stafford	59
44	Woodbridge	60

Listen up!
Encouragement always helped the JV boys keep their heads in the game. Coach Donahoe gave the team a pep talk before they resumed play.

Block it!
While ball handling skills are important, defensice tactics cannot be overlooked. Sophomore Kendra Cox gets tough with her teammate, sophomore Angela Wicker, at practice.

Caitlyn Steining


Caitlyn Steining

All tied up
It is a lot harder than it looks to stay on your feet while playing basketball. Sophomore Gavin Reed takes advantage of sophomore Carl Baker's fall and goes for the shot.

JV Girls Scorboard

James Wood	36-29	win	Garfield	47-28	win	Fauquier	36-25	win
Sherando	40-7	win	Stafford	27-41	loss	Culpeper	36-44	loss
Colonial Forge	31-26	win	Brooke Point	27-13	win	Culpeper	36-48	loss
James Wood	41-29	win	Fauquier	38-29	win	Stafford	36-40	loss
Colonial Forge	33-29	win	Brooke Point	45-13	win	Sherando	49-19	win

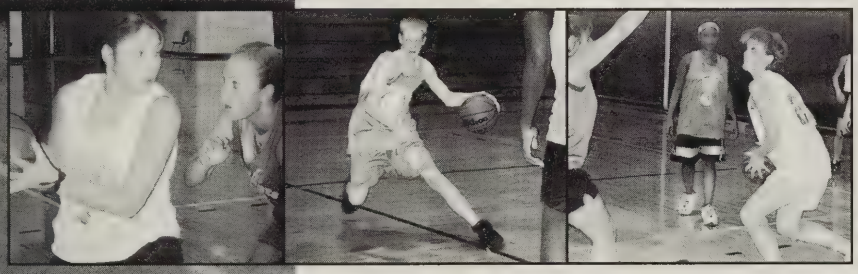
Nothin' But Net!

"I play basketball for the love of the game," said sophomore Anwar Allen. Despite their difficult season, the JV basketball team continued to keep their heads high. The team showed enormous effort and strength during practice, although their efforts were not always recognized through victory, the boys basketball team kept their Wolverine spirit alive.

On the other hand the girls basketball team had an exceptional season. When asked why they chose to play basketball sophomore Jessica Baldwin said, "It's a good way to exercise and learn how to interact with your fellow student body as they cheer you on." The girls went on to gain a record of 11 to 4. Freshman Larren Lawson said, "Basketball is a challenging game, but is fun and rewarding." The girls team played their hearts out and were handsomely rewarded for their exceptional effort and spirit.

Both JV basketball teams this season were full of heart. Whether or not they won or last they practiced and played with all their strength. "We couldn't have asked more of our players this season, we're very proud," said Coach Donahoe and Coach Dodd.

-Lauren Ayers



Caitlyn Steining

Girls Row 1: Tierra Bumbrey, Danielle Sumerhill, Carnita Wilkins, Jessica Baldwin, Alta Stokes, Larren Lawson
Row 2: Rachel Cooper, Marlo Cobb, Jessica Carnmon, Kendra Cox, Angela Wicker, Coach Dodd
Boys Row 1: Dave Edwards, Tyler Lee, Gavin Reed, Marc D'eredita, Carl Baker, A.J. Bowley
Row 2: Matt Peterson, Fidel Hoggard, Beau Brevard, Ryan Griffen, Anwar Allen
Row 3: John Murray, Carlton Flerlage, John Rossel, Nick Casey, Coach Donahoe

JV Boys Scoreboard

Garfield	27-71	loss	James Wood	39-40	loss	Sherando	39-34	loss
Fauquier	37-27	loss	Stafford	40-48	loss	Culpeper	40-46	loss
Courtland	42-48	loss	Colonial Forge	50-37	win	Colonial Forge	61-30	win
Stafford	38-45	loss	Culpeper	32-50	loss	Brooke Point	37-38	loss
Fauquier	31-49	loss	Sherando	38-39	loss	Brooke Point	40-33	win

What's going on?
Subbing players is important to keep the energy of the team high. Freshman Kim Luckey looked towards the sidelines to see if she will be replaced.

Try to Get Past Me!
With only 41 seconds left, James Wood is desperate to score. However, freshman Michael Richards stood his ground, and made it impossible for a pass in bounds to occur.

Kristina Palangi

Kristina Palangi

Kristina Palangi

What's the Game Plan?
Let's see how this play is going to work. The freshman boys huddled around Coach Cassiday to find out what the next play was. Making sure everyone knew his position was essential to win.

Freshman Girls Scoreboard

James Wood	34-18	win	Garfield	60-15	win	Fauquier	27-30	loss
Stafford	28-12	win	Culpeper	30-18	win	Colonial Forge	26-25	win
Brooke Point	37-28	win	James Wood	28-17	win	Fauquier	15-12	win
Stafford	24-17	win	Colonial Forge	30-17	win	Brooke Point	37-28	win

Rookies ON THE COURT!

With Coach Cassidy and Mrs. Clark's help, the boys and girls freshman basketball team are learning what being true team means. "Coach Cassidy has great dedication to the success of our team. He is always trying to make the team better by helping us one on one. Plus Coach has a great sense of humor," said freshman Jordan Packer.

Team work is very important in basketball. Kim Luckey said, "We work really well together. On the court, we work well as a team. We don't bring our problems on the court." As for the boys, they know as well that if they want to win they have to put their differences behind them. Freshman Andrew Bryan agrees, "I didn't know any of the teammates. We grew as a team. "

Being a team also means that you have to be open minded and be willing to learn and help others. Freshman Kristena DeHeart said, " I teach other girls and they teach me. The whole relationship with my teammates is great. They make it a fun sport. " On the court, some of the guys put their egos to the side and are willing to learn to appreciate the Coach. "He's patient, and gives everyone a chance. As for the team, we all get along and are willing to help each other." Said Danielle Marshal. Both teams are striving hard to create relationships among themselves, and are working hard to become number one.

- Stephanie Fisk

Girls Row 1: Kim Luckey, Jennifer Stephanson, Danielle Suarez, Kristina DeHart, Amanda Jenkins
Row 2: Jennifer McCloskey, Sarah Couch, Amanda Sawyer, Jennifer Lincoln
Boys Row 1: Rashad Williams, Jourdan Packham, Julian Hardison, Kelvin Lloyd,
Row 2: Jimmy Reeds, James Harris, Nydale Shepard, Andrew Bryan, Sean Aldo,
Row 3: Donald Brookins, Daniel Marshall, Peter Spence, Coach Cassiday

Freshman Boys Scoreboard

Garfield	27-71	loss	James Wood	39-30	win	Sherando	29-44	loss
Fauquier	37-57	win	Stafford	40-31	win	Culpeper	40-46	loss
Courtland	38-44	loss	Courtland	42-48	loss	Colonial Forge	50-37	win
Colonial Forge	61-30	win	Stafford	45-38	win	Culpeper	50-32	win
Brooke Point	37-38	loss	Fauquier	31-49	loss	Sherando	39-38	win
Brooke Point	40-33	win	James Wood	43-40	win OT			

Flippin' ALL OVER

The gymnastics team was few in number, but this seemed to benefit and build team unity. Friendships between the members developed quickly and led the team to a suceesful season full of memorable events. "Since there are only five of us on the team, we are all really close and know each other well. It helps us when we compete and we all cheer each other on," said sophomore Kaylen Baker.

The gymnastics team strongly believed that unity among themselves was the key to success. "Because there aren't many of us, we all have to work really hard to do our best. It is important for us to support each other and cheer each other on. The friendship between us helps to make our team stronger, "said junior Beth Coleman.

Since the girls were close, they worked together to build each others skills and helped one another improve. "We've all worked hard to get to where we are. Even with all we've accomplished, we're continuing to work and build skills," said sophomore Kristen Kelly.

The friendships made throughout the season created a tight bond between them. This helped them to perfect their routines and personally improve.

-Megan Bieber

Ashley Hall

Ashley Hall

Gimme a break
Gymnastics is a tough sport, and it is important to take a break and rest between events. Members of the team took a break before starting their floor exercises at a meet hosted at North Stafford.

Holding Form
"The uneven bars are not as easy as they look," said senior Liz Barrett. During a meet at Colonial Forge, she holds her form during her routine.

Scoreboard

District Quad: Fourth Place

NS-Atlee: Third Place

District Quad: Third Place

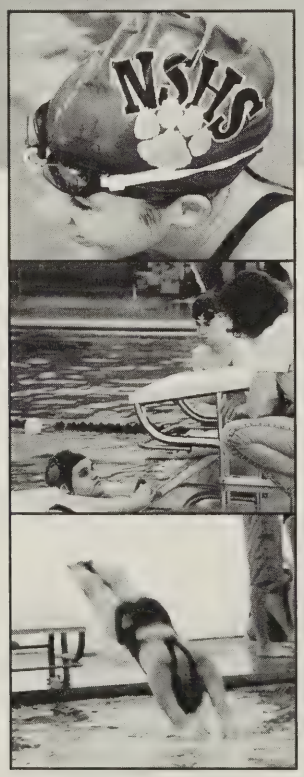
Winterfest: Second Place

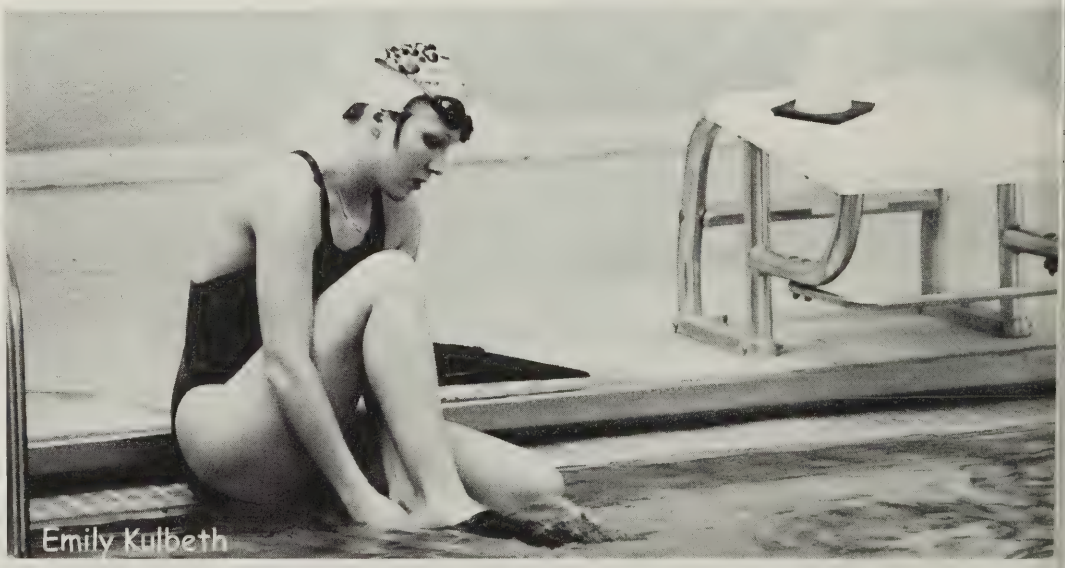
Districts: Second Place

Regionals: Fourth Place

Clockwise: Liz Barrett, Beth Coleman, Kristen Kelley, Casey Ramos, Kaylen Baker

Emily Kulbeth




Emily Kulbeth

Putting your Best Foot Forward
Mental preparation goes hand in hand with physical preparation. Senior Kathy Bye woke up every morning for swim practice, and before getting into the pool, focused at the task at hand while putting on swim fins.

Let's Kick It!
Practice before school can be a drag, but not for these swimmers! Senior Joe Dwyer, sophomore Mary Gibbons, and freshman Katie Quitten use kickboards at their early morning practice at Woodlands pool.

Swim LIKE THE FISHES

The swim team practices long and hard to achieve their swimming prowess. They all have to be ready to swim at 5:30 in the morning. This can be a very depriving and stressful thing on a human's body. Many of the swimmers have different views on this thought.

"The absolute, best part of swimming is making the transition from a nice warm bed to a freezing cold pool at 5:30 in the morning," said sophomore Julie Jaworaski .

However unpleasant, the hard hours and stressful exercise are worth it, and pays off in the end. The boys swim team placed second in the district, and the girls finished fifth.

"I like to swim, it's a way to stay in shape and meet new people," said freshman Caroline Lecakes.

The swimmers eventually learned to deal with the morning swims, and the tiredness that came with it. They were able to view the dreaded morning practices with a positive attitude.

"I really enjoy swimming because it serves as a big challenge and it shows that I have a lot of dedication," said junior Amalie Smith.

-Drew Cline

Row 1: Tekisha Crouch, Krystale Noriega, Jessica Loew, Shannon Mosely, Diana Peloquin, Erin West, Amalie Smith, Christine Wishmeyer, Laura Burlingham, Tori Swanson
Row 2: Kim Larson, Katie Quinton, Kathy Bye, Caroline Leckakes, Alexis Krestos, Molly Bostelman, Erin Fitzgerald, Amy Whittle, Hillary Shreve
Row 3: Tim Hatlem, Traci Abramson, Jennifer Feldhaus, Mary Whitlow, Dan Harrigan, Ryan Malkiewicz, Chris Heck, Joe Dwyer, Neil Yoke

Swimming Scoreboard

	Girls	Boys
James Monroe	loss	win
Chancellor	win	win
Stafford	loss	loss
Colonial Forge	loss	win
Fauquier	loss	win
Brooke Point	win	win

Keeping ON TRACK

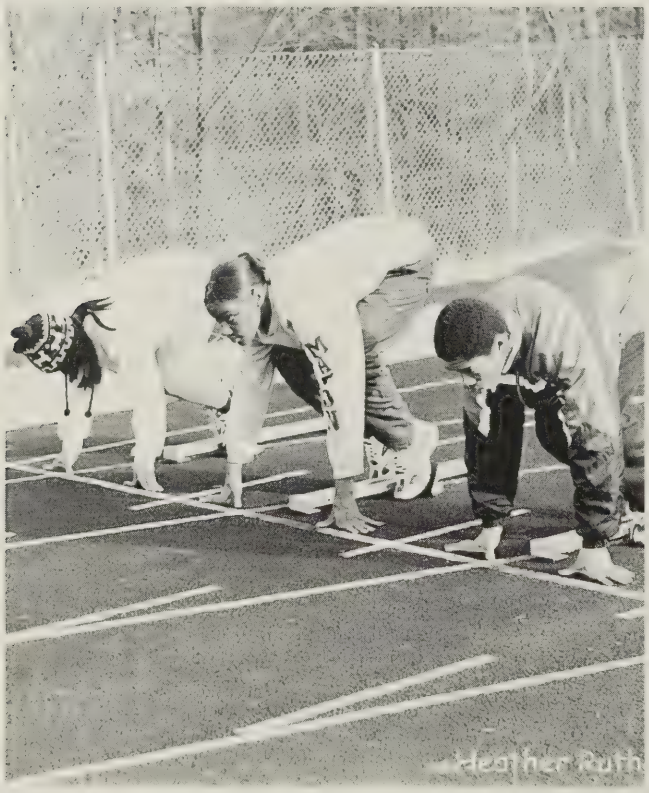
"The team joked that running is a mental sport...we're all insane," said sophomore Casey Middleton.

Anyone would really have to be tough to run track in the freezing winter. This "mental" sport was cold, lots of fun, and exhausting. Many ran to keep in shape for spring track and others did it to keep in shape... period. But all in all, they did it because running is a great sport. "Running is really fun, especially when we're inside and I can feel my fingers and toes," said junior Stacey Durham.

Although the practices were long and strenuous, regardless of the cold, both teams tried to have a good time. "Pole vaulting is fun and I am staying in shape!" said sophomore Erica Doolittle.

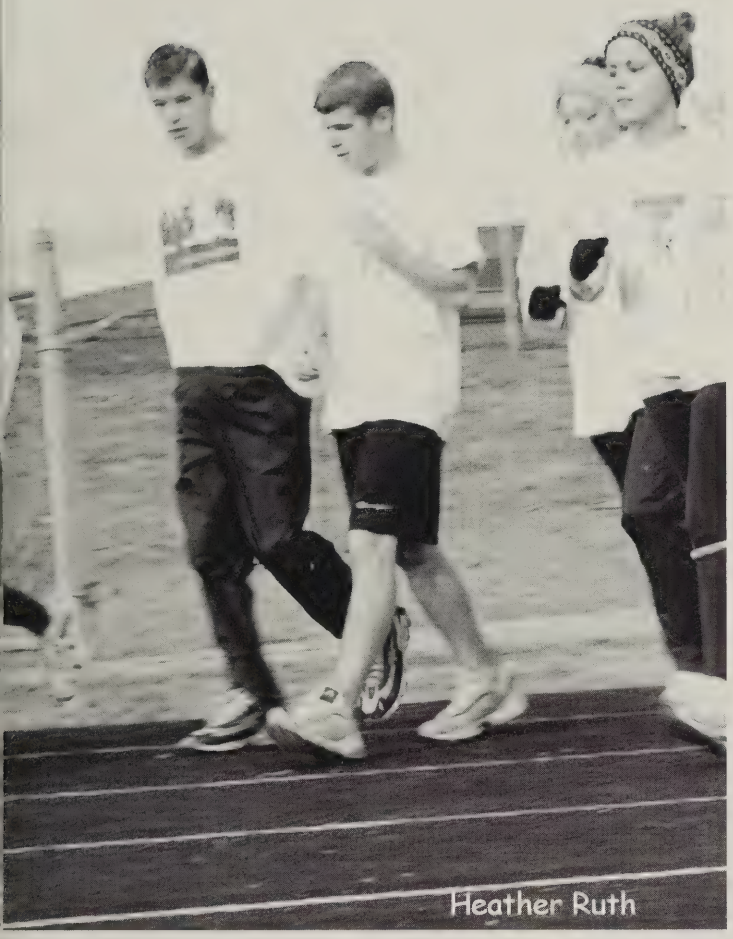
Some complained of the sport being too cold and the running overall exhausted them, but both the boys and girls winter track teams did great over the season. Maybe next year, there will be a heat wave...

-Christina Stevens



On your Mark!
A good start is key to winning a race. Senior Rasheka Pitts, freshman Carmen Gourdine, and junior Jordan Corry practice using the starting blocks.

Row 1: Julie Price, Daniel Stumpf, Eric Lugg, Josh Miller, JoyAnn Eastmond, Rascheka Pitts, Karen Price, Stephanie Porter, Katie Fox
Row 2: Megan Walerko, Kayleigh Jones, Mike Greene, Tikisha Ferguson, Stephanie Romett, Lauren Hudson, Kristyn Shiring, Shannon Cotton, Kristen Sondermann
Row 3: Carolyn Bradford, Tamara Elsenpeterm, Josh Mercer, Nathan Moray, Katelyn Crooks, Victoria Buskirk, Ivan Jenkins, Nicky Coulombe
Row 4: Coach Becker, Valerie McKenzie, Katherine Sigler, Carmen Gourdine, Byron Trafton, Mike Donovan, Raymond McConnell, Mike Zayas, Steve Ayers, Casey Middleton
Row 5: Coach Booth, Anthony Boswell, Richard Carnicom, Stacy Durham, Ryan Blau, Traudlinde Pelltier, Michael Mattocks, Marc D' Amico, David Floodstrom, Coach Koehler


Heather Ruth

Good Afternoon
Each practice in the afternoon starts off with a three lap warm-up. This group of athletes took an easy first lap.

These are my magic shoes
Many runners had specialized shoes made especially for running. Sophomore Nicole Coulombe puts on hers for her next event.

Heather Ruth

Winter Track Quotes

"It was extremely cold, but I know it will be worth it because it will keep me in shape for spring track."
-Valerie McKenzie 10

"Distance runners are soliders. While the sprinters are going inside, the long distance runners are outside freezing!"
-Richard Carnicom 12

"Track is the best. We can spend time with our friends and work work out at the same time."
-Eric Lugg III 10

"Running is best when you can feel your fingers and toes."
-Stacy Durham 11

Hit THE MAT

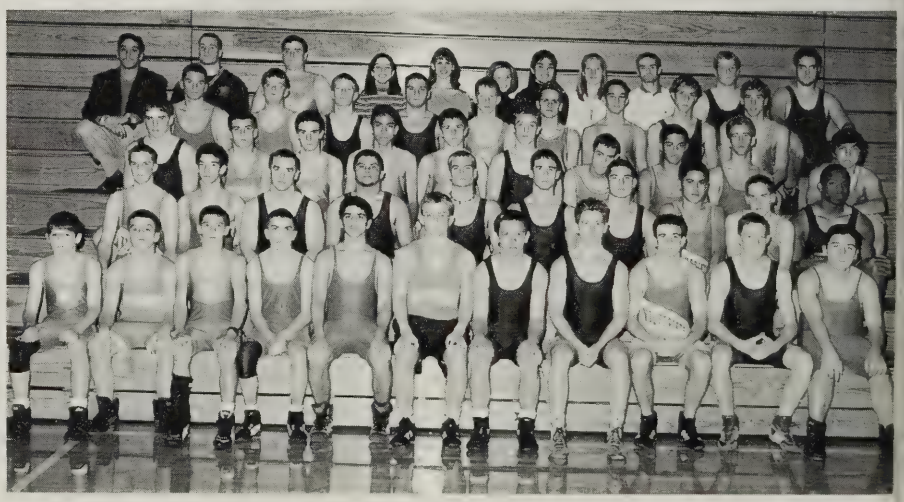
The wrestling season was filled with ups and downs. From defeating a long time rival to being defeated by an underdog, anything was possible and the players had to work together to get through the high times and the low times.

The team had many advantages coming into the season. They had a reputation of being a good team that was developed by past seasons, and there was no trouble creating friendships between the wrestlers. Another advantage was new talent. Sophomore Stephen Hornbeck said,"The season is going very well, especially since there is a lot of new talent on the team and a lot of strong leaders." However, disadvantages were just as abundant as the advantages. The wrestlers had to maintain a steady, healthy diet, and had to keep weight. Going up or down with weight could mean getting kicked off the team. Sophomore Josh Diddams knew about another disadvantage of the team. "A weakness of the team is that we aren't very aggressive."

The team may have had advantages and disadvantages, but the wrestlers had a good and fun season. Next year the team hoped their season will be just as good. Like Senior Ben Bohman said,"It's like the school's slogan, 'the tradition of excellence.' We're keeping the tradition going with excellence.

-Kristina Arnold

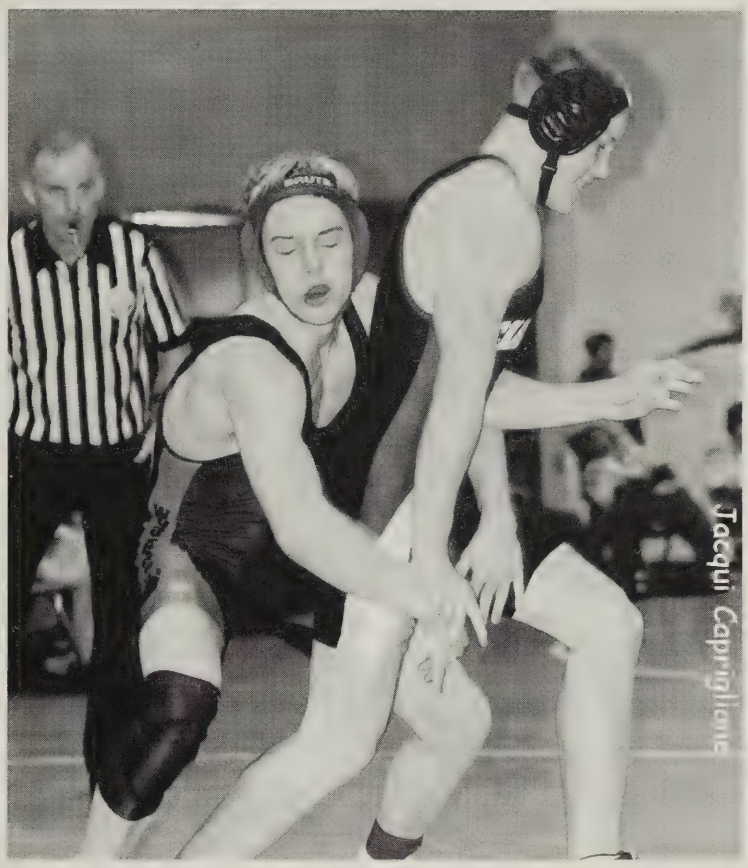
Jacqui Capriglione



Row 1: C. Meritt, C. Shartzer, M. Bieber, N. Wagner, S. Grotskey, S. Perks, D. Mills, D. Emison, J. Concord, T. Peterson, T. Viveros
Row 2: J. Diddams, J. Eagle, M. Seay, S. Blochowicz, S. Bannister, A. Jones, C. Wasek, F. Rubio, M. Palmquist, M. Boone **Row 3:** K. Maclarid, J. Ritchie, B. Jaques, D. Saenz, G. Fuhrer, B. Scott, R. Weston, M. Neveau, B. Bohman, B. Lefever
Row 4: M. Ber, K. Wisner, B. Hudson, J. Blochowicz, W. Paterson, D. Bohman, M. Savarese, J. Hornbeck, S. Hornbeck
Row 5: Coach Spahr, Coach Malloy, S. Zabrowski, S. Wagner, A. Mann, R. Spencer, C. Kube, J. Judd, Coach Parthenakis, J. Crooks, A. Bartholmew

The quiet before the storm
The moments before the clock starts are crucial in order to execute moves properly. Freshman Justin Ritchie takes the opportunity to compose himself before wrestling.

Sneak attack!
Attacks from every direction often takes oppponents by surprise. Sophomore Brandon Scott took his Chancellor opponent by surprise and won his match.


Jacqui Capriglione

Jacqui Capriglione

Wrestling Scoreboard

NS		Opp
43	Fort Defiance	28
47	N. Umberland	27
65	Lord Bird	13
31	E. C. Glass	34
53	Fort Defiance	38
25	Woodbridge	38
33	Hylton	37
54	W. P.	24
28	Oakten	38
33	Robinson	37
22	Brooke Point	49
29	James Wood	38
33	Fauquier	30
6	Sherando	57
43	Culpeper	33

Wolverine Invitational

244	Woodbridge	253
244	Osbourn	196
244	Amherst	141
244	Albermarle	126
244	Chancellor	118

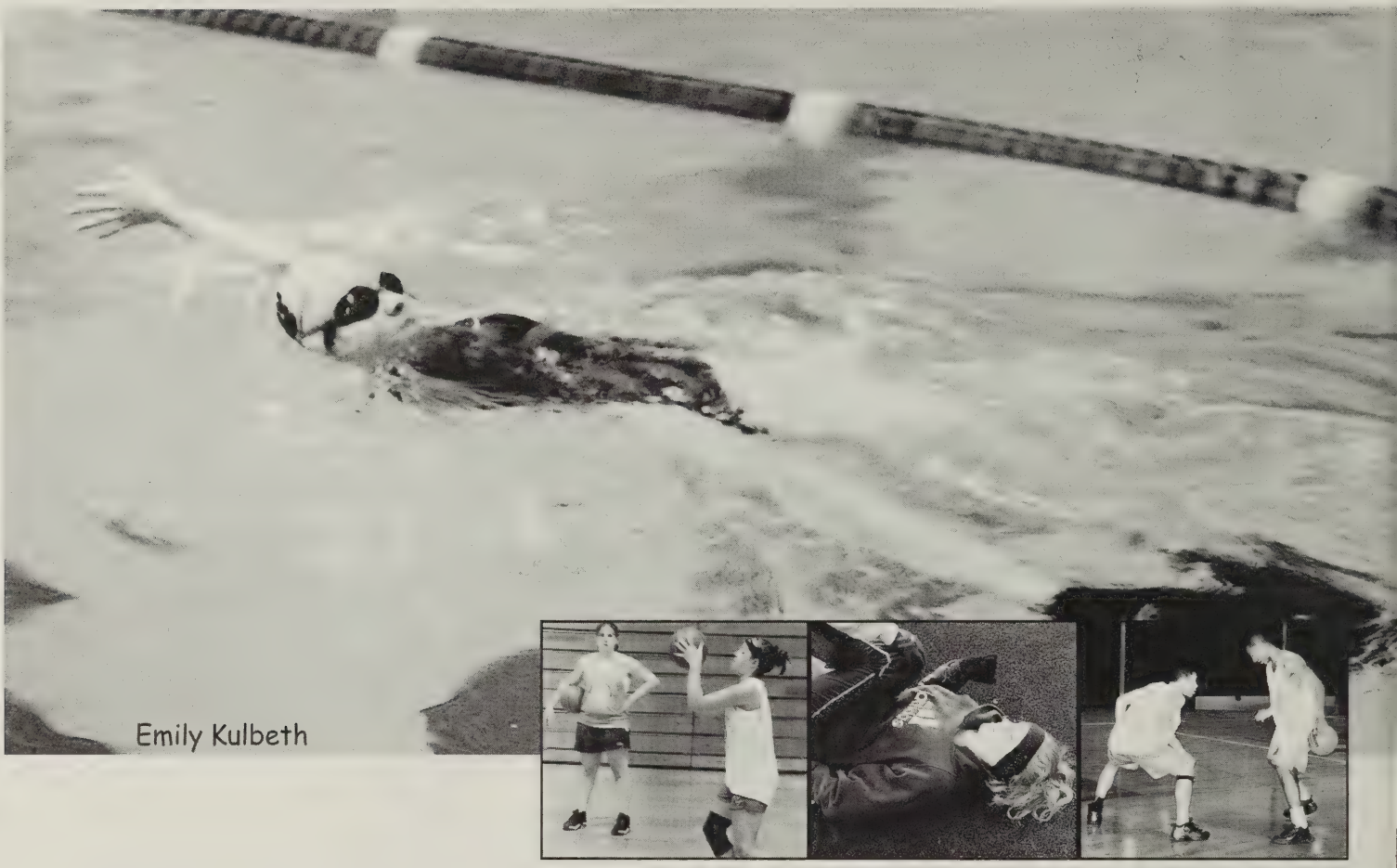
Northwest Regionals

D. Emison: 3rd
S. Blochowicz: 6th
M. Bieber: 6th

States

D. Emison: 12th

Bear hug!
Awkward positions were constantly entangling wrestlers. Sophomore Brandon Scott became all twisted up while taking his opponent to the mat.



Emily Kulbeth

It was another season of success for the winter sports teams of North Stafford. With the harsh weather came harsh practices which required an enormous amount of determination from all the athletes. Whether on the court, track, or mat, the perseverance of teams was consistently evident.

The Varsity Basketball teams proved that hustle is the key to success. The Boys finished first in the district after a season filled with grueling practices and difficult drills. The Girls as well finished first in the district with an undefeated streak. Team unity was the element necessary according to the team. Before every game they would lay on mid-court together and get pupmed up for their games. It obviously worked.

The JV and Freshmen basketball teams also worked hard each and every day for their sport. They looked up to the Varsity teams and followed in their footsteps, putting forth their best effort at each practice and game. Many of the players look forward to continuing playing basketball in their future years.

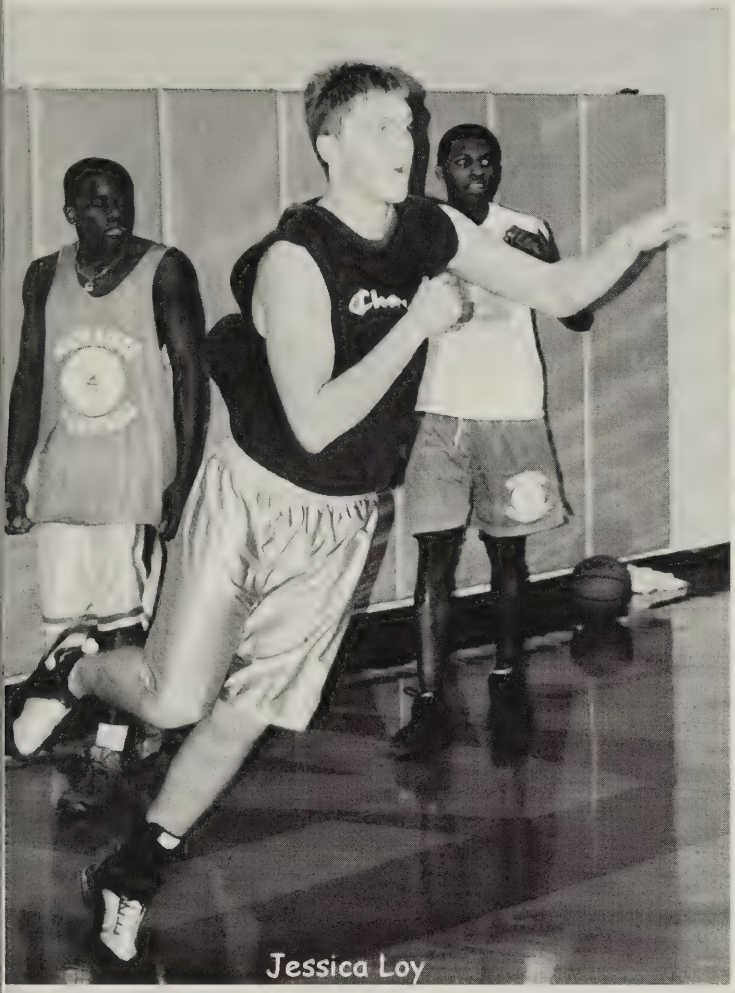
The Swimming team definitely proved their dedication by waking up for practices at 5:30 in the morning. The chill of the pool at this hour seems too much to bear to the average person, but swimmers are special people. The Boys placed second in the district winning five of their six meets. The Girls placed fifth in the district winning two of their six meets. All in c it was a succesful season for the swimmers.

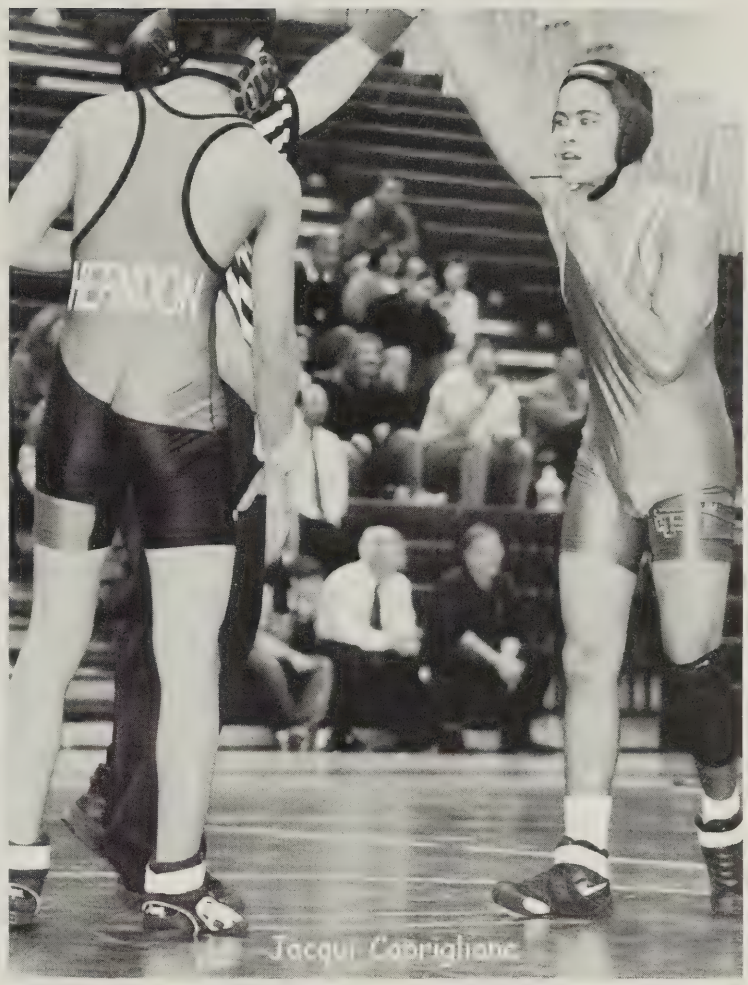
The Gymnastics team gained popularity this yea increasing the teammates from only one in 2000, to si in 2001. The girls formed a tight bond which led then to an extremely fun and rewarding season. They proul received second in the district. Hopefully, the team wi gain even more gymnasts next year.

The Track team seemed to have the most harsh conditions of all. With cold winter, outdoor practice: proved to be tough. Whether the track team member ran, threw shotput, or longjumped, a fierce determination was of the upmost importance. Teamme formed tight groups to practice with in order to sta warm. Many had succesful finishes.

Winter sports was all around a great success. Several teams won districts. Perseverance and determination to win led many to victory.

Winter RECAP


Jessica Loy


Jacqui Capriglione

Ashley Hall

Jacqui Capriglione

Heather Ruth

It's what teenagers do. **There's** a million things students do in the day between working, homework, and sports. Students travel to other schools to take advantages of different classes; and **no** kids say they don't love field trips. Students spend their years here putting all that they had into run the school, and with SCA and class officers, students get their say. They find out how **wrong** they were when they procrastinated on those strange class assignments. But after school, academic or recreational clubs helped students get on their **way**.

Miranda

Heather Ruth

Cram SESSIONS

To ace a test, to pass a quiz or to just do well, students needed to study. Studying was the best way to keep grades up and to prevent a student from being grounded. But, the best way to study depended on the person.

The most reliable source for a test was the book. Study guides were also beneficial for the studying process. "I always read through the book and I look at the study guide very carefully when I'm studying," freshman Krystle Morris said.

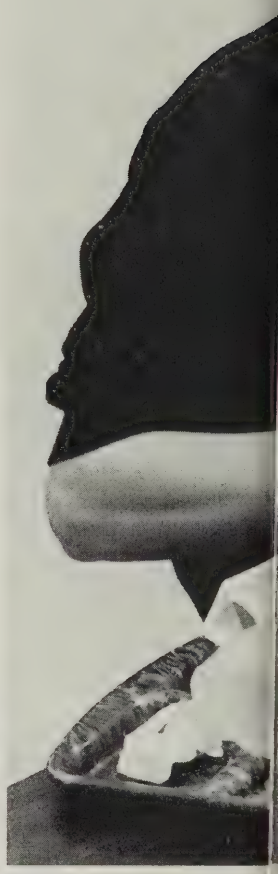
Another way to study was to set a schedule. Some students would study for 15 minutes, take a break and then study for 15 more minutes. Others would study right when they got home from school while others studied after work or practice. Junior Reina Guevara said,"I study right when I get home because I have the most energy."

Some had their own original plan. Sophomore Allyson O'Neill always started to study around 8:00pm the night before the test was given. "And I don't stop studying till I know the information really well," said O'Neill.

Junior Stephen Zaboroswki found the best way to study was during class. "I listen to the teacher talk and I remember all the important information."

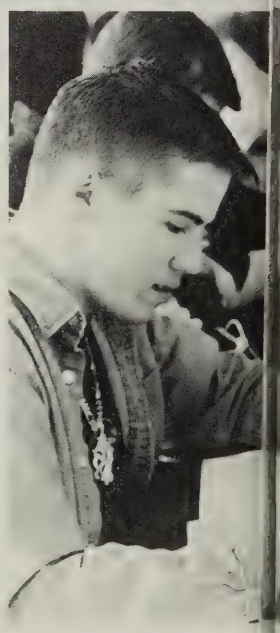
No matter how a student chose to study, it created both good and bad results. While some students had found the perfect way to study, others were still searching. How do you study?

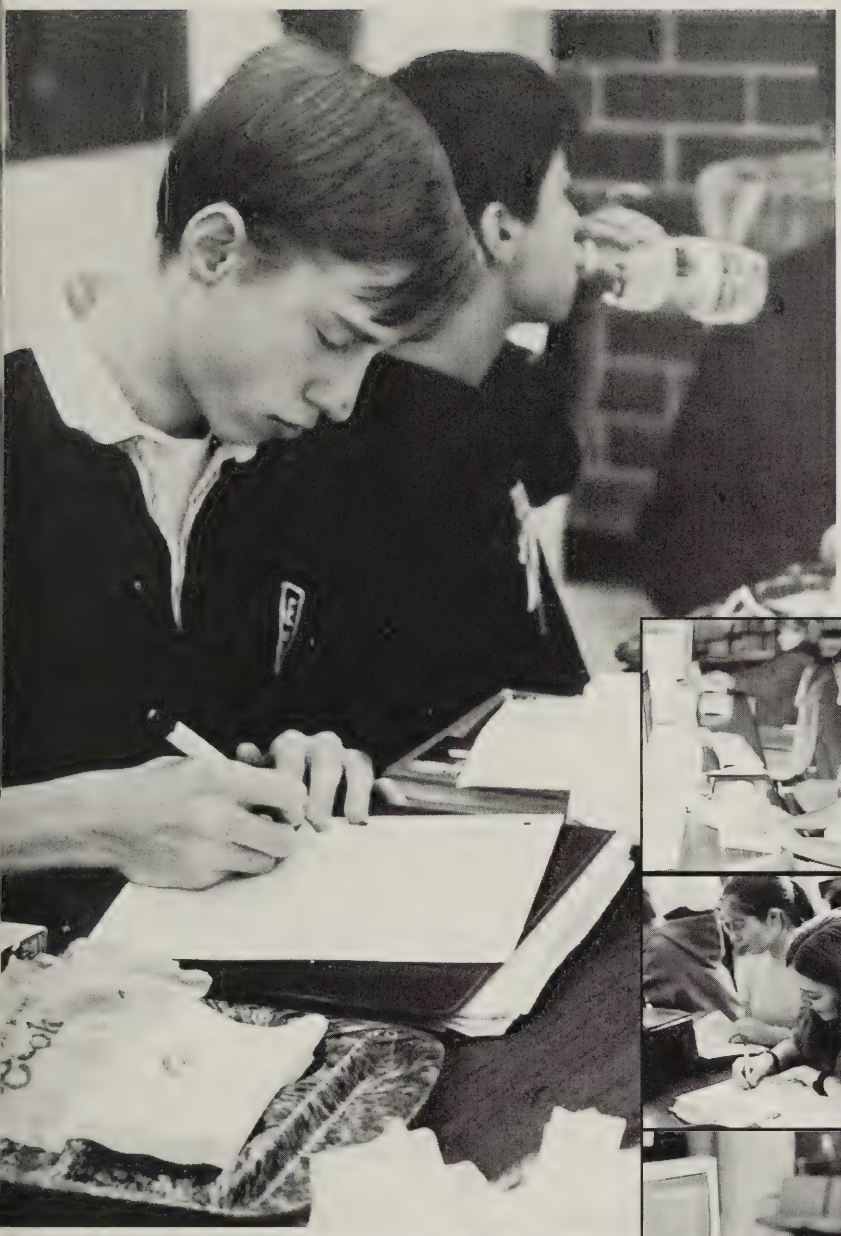
-Kristina Arnold



Heather Ruth

Peace and quiet. The library is often used by students to study and do homework. As junior Latisha Ferguson does her homework, she enjoys some peace and quiet. The library was essential to find information on the internet, get books and to copy papers.

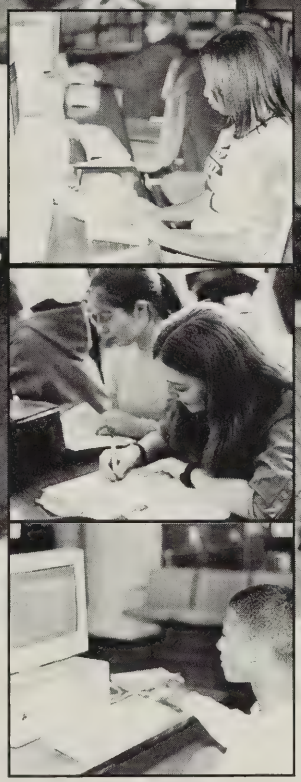


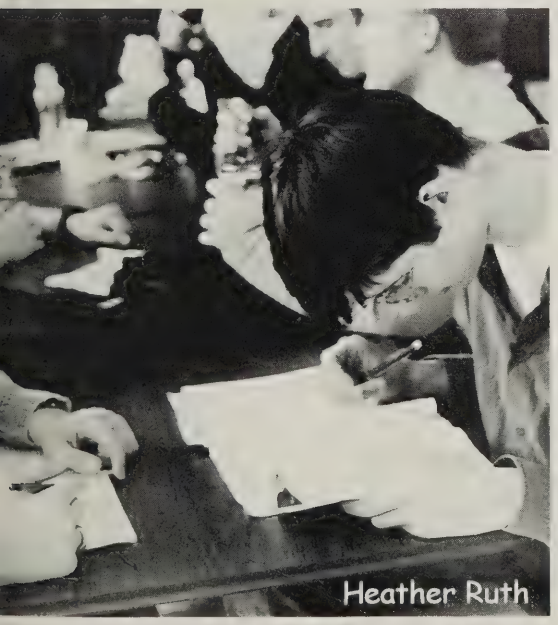


Only one more! Lunchtime is a great time to do last minute assignments. Sophomore Justin Hudson finishes some homework during his lunch time.

Help! Students often look to each other in despair, just as these two students help each other. Tutoring was available for any student in need after school or a student can turn to a teacher for help.

Heather Ruth

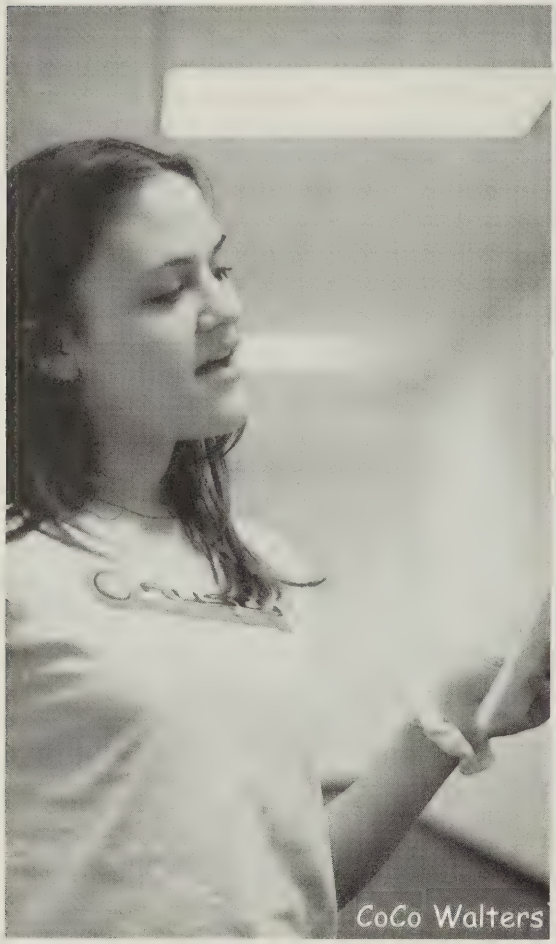



Heather Ruth

Dessert, Anyone? Lunch time is always a great time to catch up on some last minute work. Junior Stephen Shaw and a friend study for their next class in the last few minutes of lunch.

What on Earth..? Art class is one in which "weird" assignments are often given. These projects improved students creative side while giving them extra grades.

It Ain't Over... A particularly strange assignment was given to junior Shannon Priddy this year. She had to rewrite a play as an opera for one of her classes. The assignment proved to be fun as well as educational.



CoCo Walters

Jacqui Capriglione

Cha, Cha, Cha! In Spanish classes last year, Mrs. Alagood had students make maracas for some cultural enrichment. Two students paste on strips of newspaper to balloons for the outer shell of their musical instruments. Later, after the balloons dried, students pasted tissue paper on them for decoration.

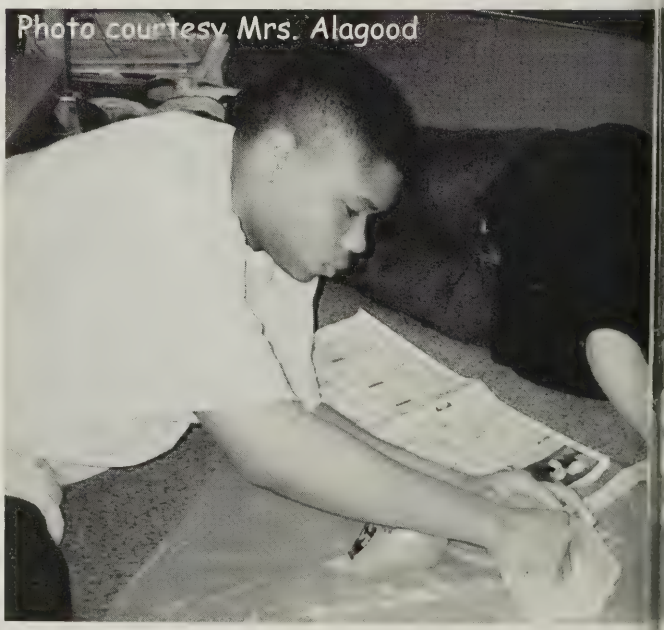
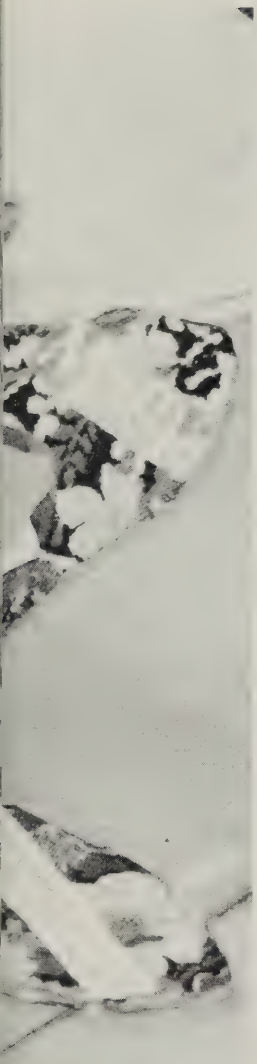
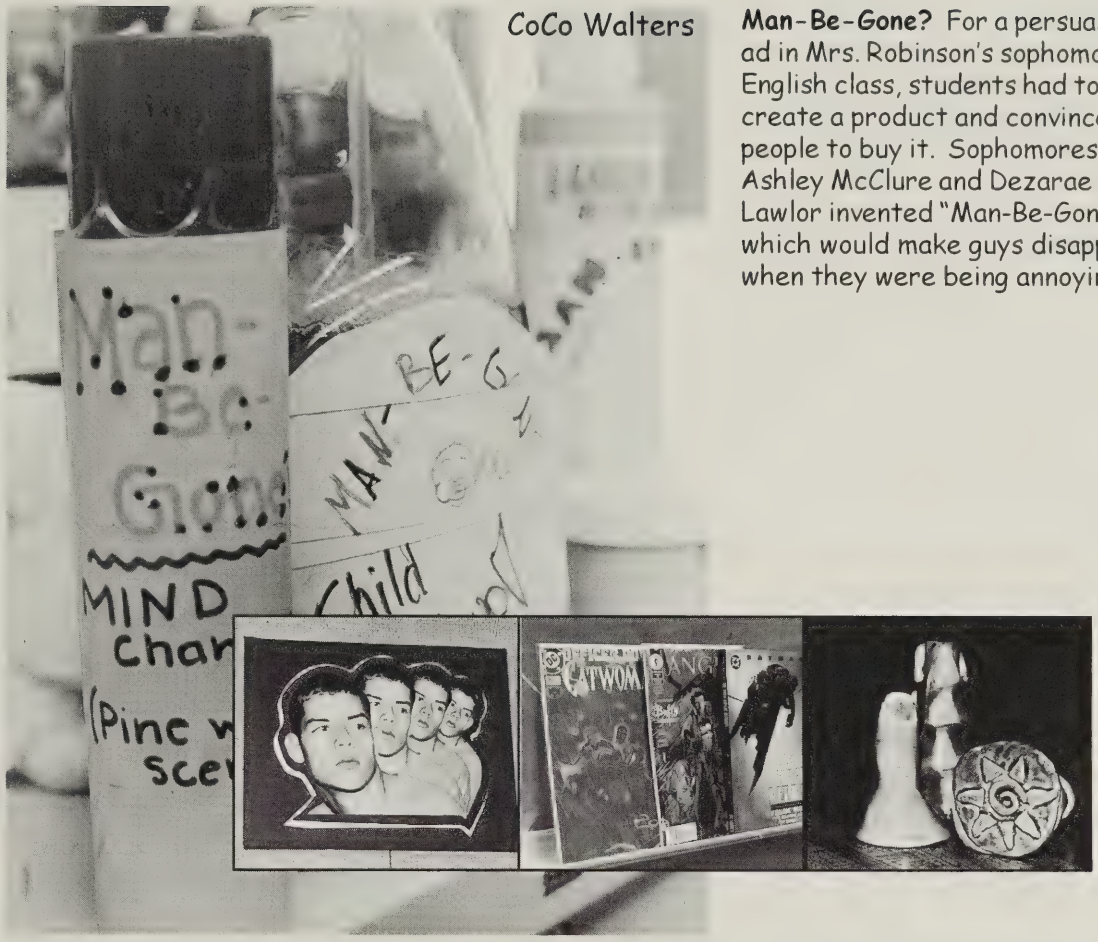


Photo courtesy Mrs. Alagood





CoCo Walters

Man-Be-Gone? For a persuasive ad in Mrs. Robinson's sophomore English class, students had to create a product and convince people to buy it. Sophomores Ashley McClure and Dezarae Lawlor invented "Man-Be-Gone", which would make guys disappear when they were being annoying.

Weird Science, OR ENGLISH...

To make it in this world you have to be weird sometimes; being weird can be a lot of fun. The year wouldn't be complete without at least one weird class assignment. It all depended if you were willing to be open minded and willing to have some fun. Junior Kim Heaton thought that she had the most unusual assignment in Mr. Maine's English class. "We had to wear a letter for a sin we committed for a week. We couldn't tell anyone what it stood for," she said.

In some classes it doesn't matter what teacher you had. Take Drivers Ed for example. Sophomore Jorge Moraless said, "We had to wear drunk goggles in Drivers Ed. We had to drive a golf cart and walk in a straight line and write our names."

In some classes watching TV could have even been an assignment. Junior David Spence had to do just that. He said, "We had to tape 'The Junkyard Wars.' It was in tech transfer." Didn't we all wish we had assignments like that?

For other people, weird assignments didn't have to do with learning anything at all. In Drama, junior Andrew Leyva said, "We had to watch the world series." The teachers who gave those assignment were very open minded. They tried to make their classes fun and interesting so nobody wanted to fall asleep.

-Stephanie Fisk

Learning MADE EXCITING

Field trips are something that students look forward to all year. It is their one break from the regular, old classroom environment. It is a chance to learn and have fun at the same time, which can be a rare thing to find in school.

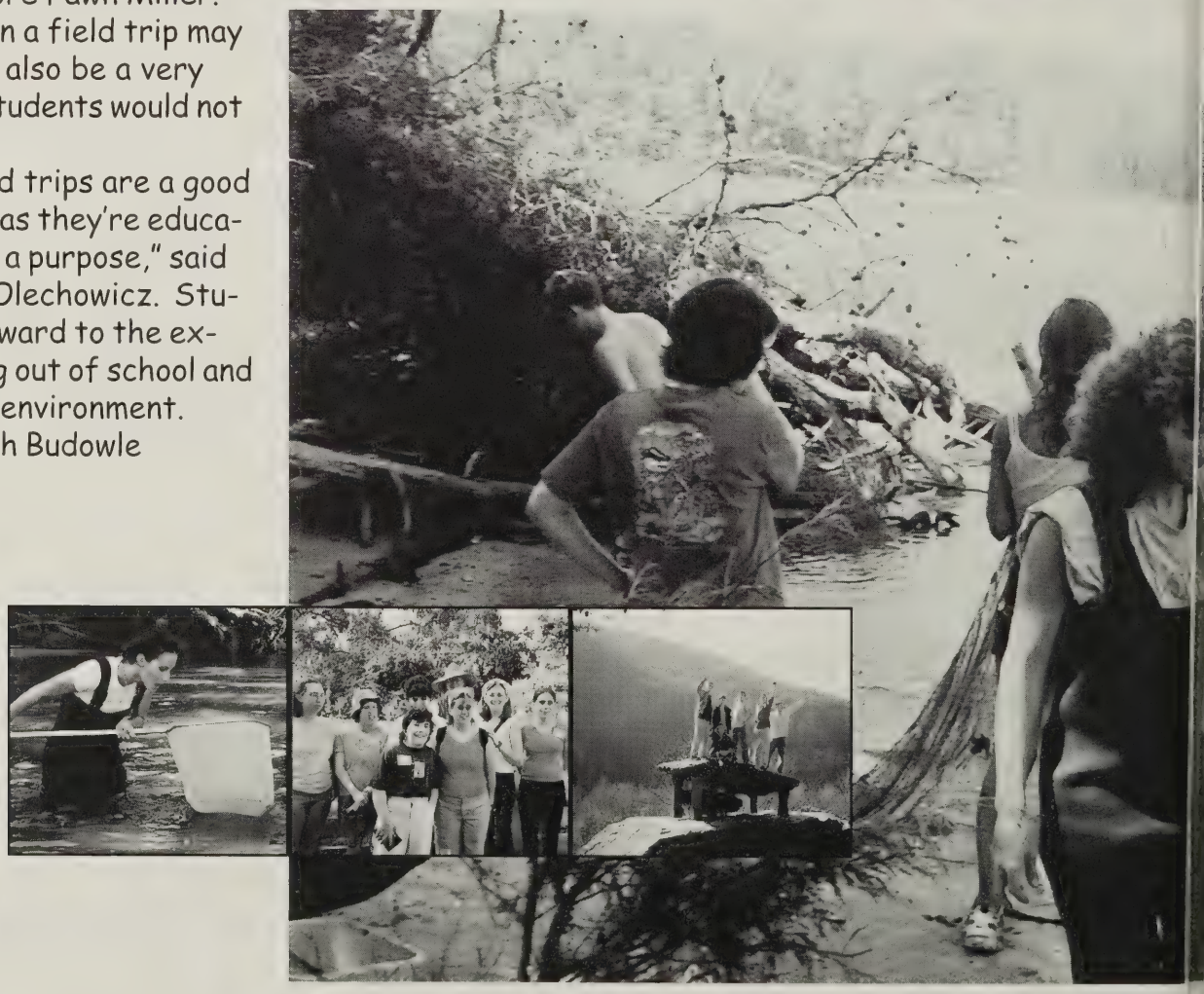
Field trips can give students a chance to soak in culture that they would be unable to experience while staying in school. FBLA traveled to New York this year. "I think the New York trip was a really good experience and they should have more [like it] to gain culture," said sophomore Stephanie Allison.

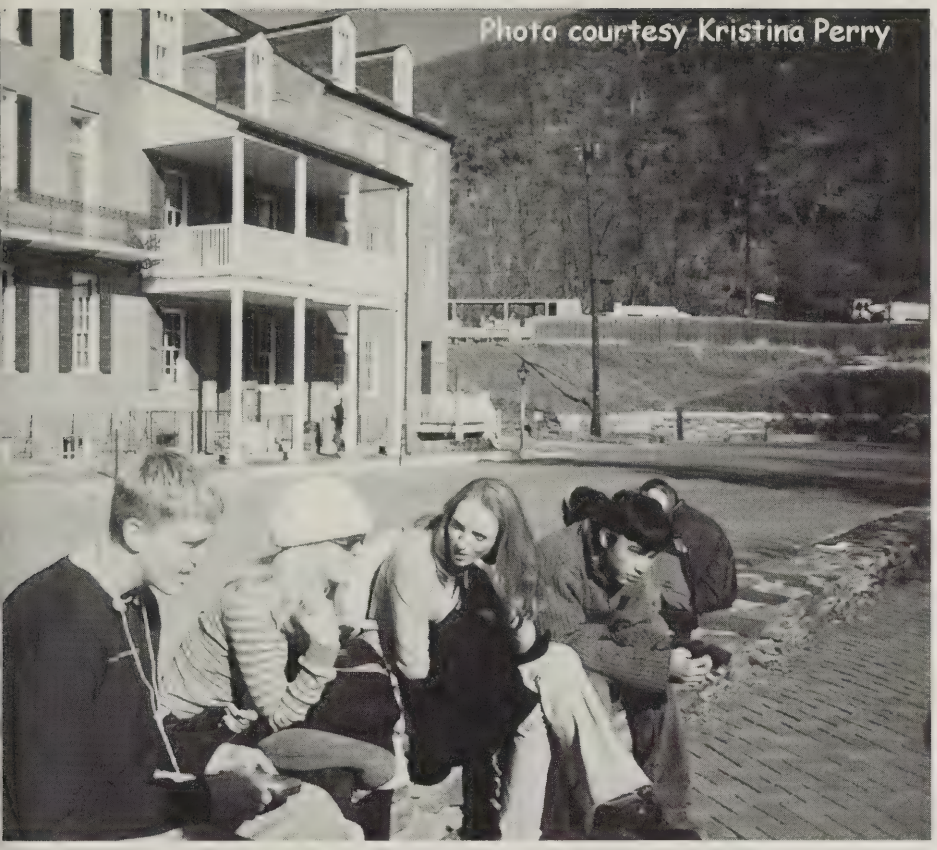
Junior Heather Shannon said, "It was a lot of fun going to New York. We missed a whole day of school. My favorite part was the taxis. It was fun to do something new. How many people get to go to New York for a field trip?"

Students who are unable to go on field trips are often upset about the fact. "I was supposed to go to a dinner theatre, it would have been really cool to go on a field trip," said sophomore Fawn Miller. The chance to go on a field trip may be rare, but it can also be a very exciting one that students would not soon forget.

"I think field trips are a good experience as long as they're educational so they have a purpose," said sophomore Krista Olechowicz. Students also look forward to the excitement of getting out of school and into a new learning environment.

-Sarah Budowle





Taking a Breather On the Harper's Ferry field trip, the AP classes enjoy getting away from school. These students sat along Main Street to take a short break from the excitement.

Seven-Ten Split On a field trip to the bowling alley, Lisa Blevins, goes up to bowl a strike. Mrs. Benton and Mrs. Peters took their class to the bowling alley for a CBI outing one day.

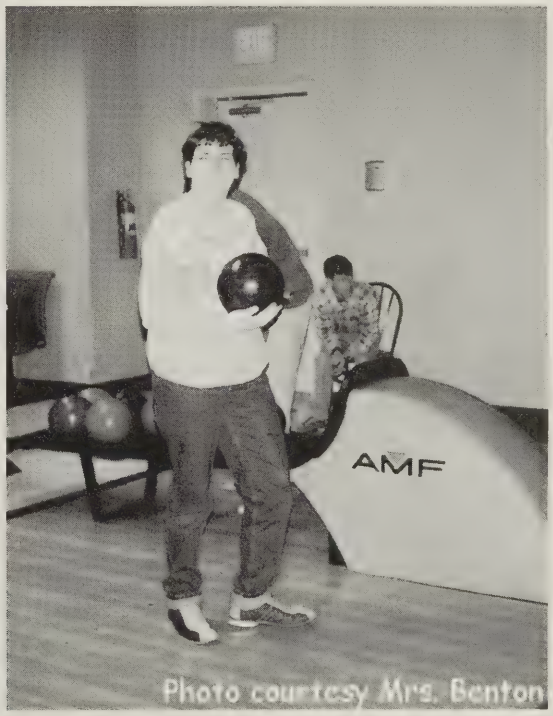
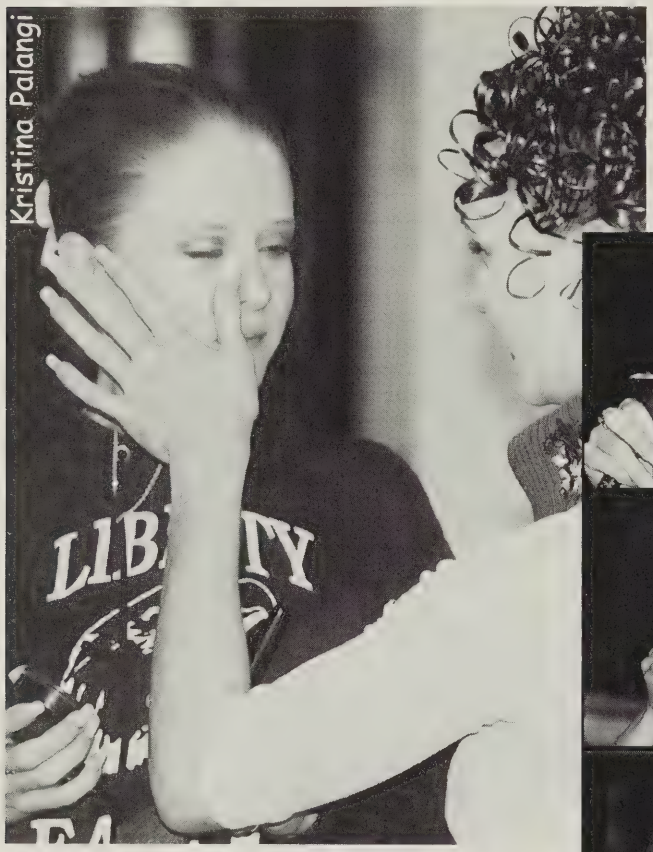


Photo courtesy Mrs. Raines

Wade in the Water... At the York River, Mrs. Raines and her students wade in the water as they try to catch fishes for their tanks. They brought back little fishes, shrimp, and even some blue crabs.

Blending is everything. Girls just can't live without their make-up. Senior Ashley Packman retouches her mascara while junior Lindsey Newquist practices blending her blush.

Okay, close your eyes and don't move. While waiting to travel to Stafford High School for their class, cosmotology students demonstrate how to properly apply make-up. They also learn about hair and skin care.


Kristina Palangi

Kristina Palangi

Make-up is a girl's best friend. The girls in this class often used a variety of cosmetics. Among the popular brands to use were Clinique and Lip Smacker.

Kristina Palangi

Make-Up STYLISTS

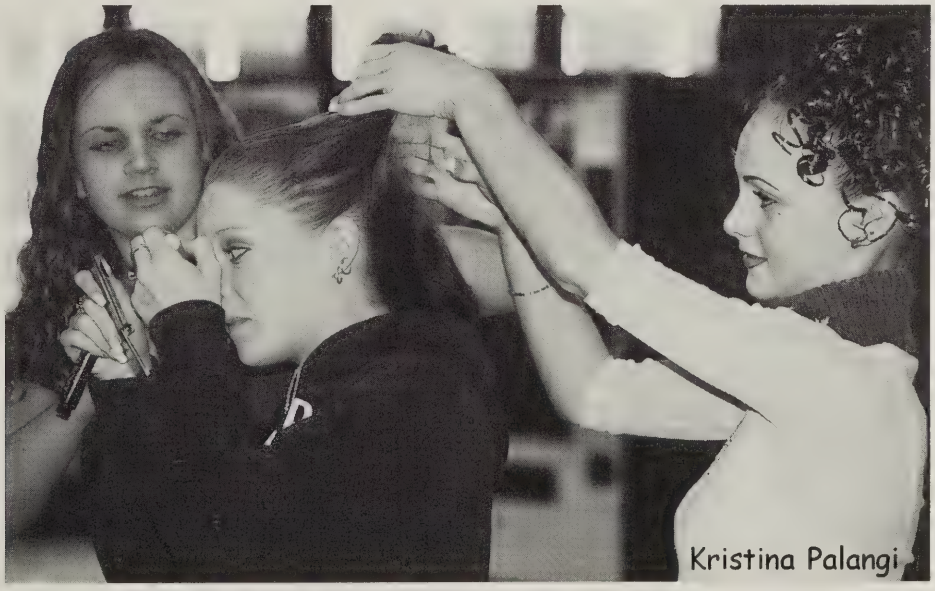
Girls doing make-up and playing with each other's hair in class. To most, this would seem like something that's rather unheard of, or at least something they would get in trouble for. In normal classes, that may be the case, but not with cosmetology. The students in cosmetology spent time practicing applying make-up and styling each other's hair.

Since North Stafford didn't offer this course, the three girls interested in cosmetology were bussed over to Stafford High School for two periods of the day. "Most of us get on the bus at 7:40, so while we're waiting, we go over make-up techniques and go over stuff that we learned in class the day before so we'll be one step ahead," said junior Lindsey Newquist.

Cosmetology was used to teach students that often wanted to become stylists or make-up artists. They were taught the importance of hair and skin care and how to blend and shade make-up, and how to style hair. "I take this class very seriously because I want to be a cosmetologist when I get older," said senior Ashley Packman.

Some people might have considered cosmetology to be just another slacker class. But for these girls, the class was important as it gave them some insight into their future careers.

-Jenn DiCristina



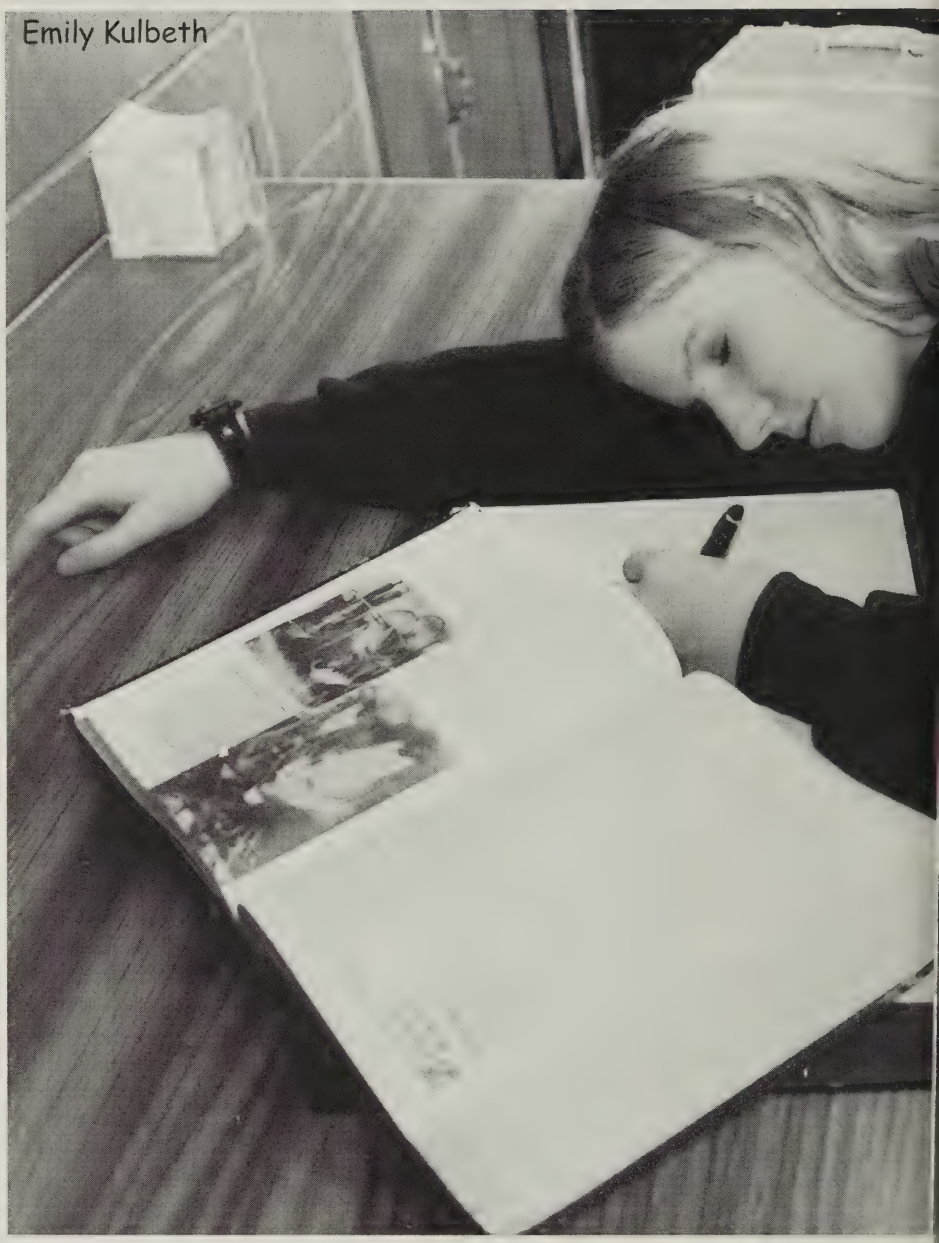
Kristina Palangi

Ouch! Don't pull! One of the techniques people in cosmotology students learned is how to fix hair. Junior Crystol Chergosky practices putting up junior Lindsey Newquist's hair.

Snooze! Balancing band and homework is hard, leaving little time for sleep. Sophomore Melanie Carter catches some sleep while working on her history homework.

Slam Dunk! Basketball practice and homework is hard to fit into one afternoon during basketball season. Sophomore Ahway Allen shoots a dunk at practice while sophomore Gavin Reed watches.

Emily Kulbeth

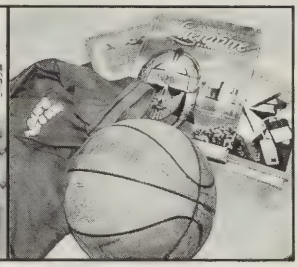

Emily Kulbeth

A Helping Hand
Besides doing homework and school activities, it was hard to fit in helping younger kids. Senior Shannon Donlan colors with a student from the middle school. She balanced her work and school activities with ease.

Emily Kulbeth

Emily Kulbeth

Little Help Here? Lots of homework was assigned this year. Senior Valerie Coles has a hard time carrying everything along with her sports bags. Many students had that problem along with fitting everything in their locker.



Amazing JUGGLERS

Various students experienced the difficulties of juggling their busy schedules. Between school, clubs, sports, and after school jobs, this became a tricky task. Somehow squeezed into all this was time to do homework, projects, and reports. Students wondered how others managed to fit it all in.

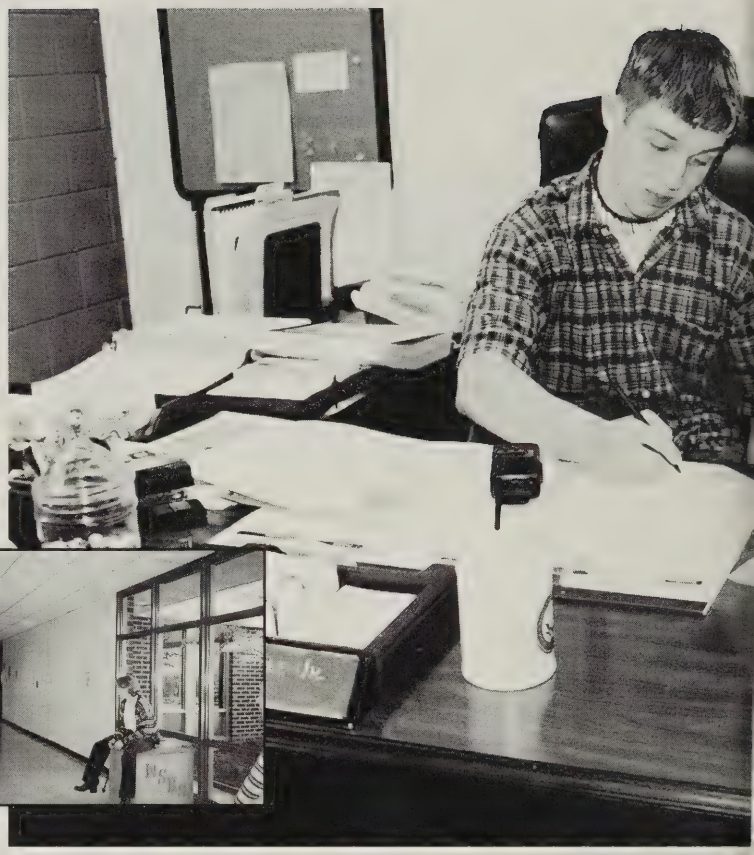
Sophomore Maile Daniels said, "I know where my priorities should go first, and that's my school work. Extra curricular activities come in when my priorities are flowing and not falling behind."

It all came down to priorities and time management. Students had to figure out what was more important and set time aside to get those things done. "School work comes first, then comes after school commitments. Finally, there's work to make money so you can pay for a relaxing break from the week," said junior Kristina Perry.

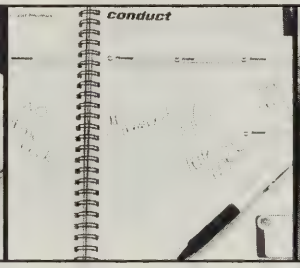
Then there was always the solution that most people come up with: cram it all in! Sophomore Dezzi Lawlor said, "Run, rush, and get no sleep...Ahh!"

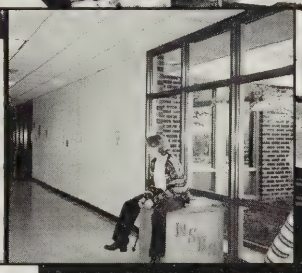
Whether it was sports, clubs, jobs, or a combination, time management was key. Fitting it all in and finding time for schoolwork too was vital and necessary. No matter how students balanced everything, one way or another it got done.

-Megan Bieber



Do I look professional or what? As part of his dream position in the school, sophomore Brandon Scott takes a seat behind Mr. Stemple's huge desk. From here, he could see what it felt from the principal's point of view.





Can I Take a Message? In the front office, senior Samantha Laudenslager answers the phone calls and takes down messages. If she ran the school, the phone would be used for any personal needs.

Jacqui Capriglione

Who's In CHARGE HERE?

What would you do if someone told you that you could run the school? Probably faint or pass out, most likely. What student wouldn't wish to run the school? No homework, no teachers to assign tests, and students are free to run amuck. No complaints from this side of the fence, that's for sure.

What exactly would someone do if they ran the school? Something small and simple, or something completely outrageous?

"I would turn the heat on so we wouldn't have to freeze all day long, " said senior Ashley Cox.

Schools always have room for improvement, it's just a matter of taking the effort to do something about it. Asking the people who come to the building everyday would be a good place to start.

"I'd let seniors go out for lunch and senior skip day would be excusable," said senior Shauna Saville .

Students don't always come to school by choice. Maybe if they could chose what they could do with the school, they might come to school with a positive spin. Maybe, but not definitely. Students come to high school for four years of taking away something more than just a B in chemistry or an A in history. They come with hopes of making fond memories and who knows, maybe if they went to McDonald's for lunch, that would help.

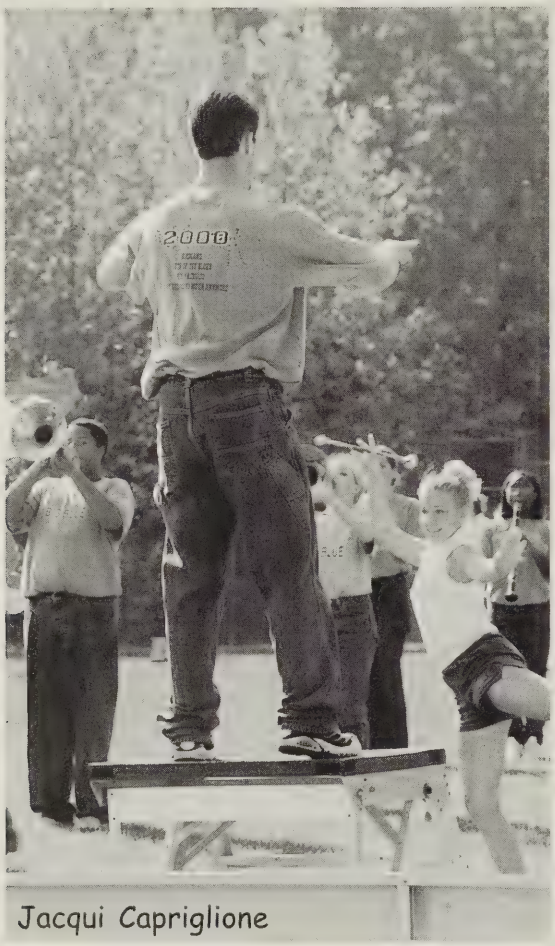
-Jen Mitchell

Jacqui Capriglione

How about I hold this and you go to class? At the front desk, sophomore Denise Bucci takes a break from class and observes the security guard as she takes down names on a clipboard.

One Two Three... Platforms are used for the drum majors to stand on so the band can see their directions easier. Senior Jason Mosley directs the band at a practice.

Left, Right, Left. Every football game, the drum majors lead the band onto the field. Seniors Alberto Medina, Allison Cwick and Jason Mosley march out determined to do a wonderful show.



Jacqui Capriglione

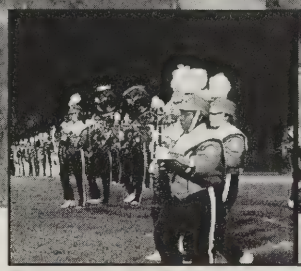
Jacqui Capriglione

Jam Session Senior Craig Brown was a marching band member that played an instrument not really known to the traditional band lineup. He played the drums for all of the marching band shows and pep rallies, too.

Jacqui Capriglione

Jacqui Capriglione

On Fiya! As of last year, a featured twirler was added to the band. Sophomore Bea Stormer twirls fire at a football game. She showed off her skills throughout the season during the half time band shows.



Let's Go BIG BLUE!

Members of the marching band put a lot of time and energy into perfecting their every note and move for their performances, and it really shows.

"Summer band camp is the hardest part of it all because the practices are 12 hours a day for a week and it gets hot," junior Megan Godbey said. Hours of practicing have really paid off; this year the band has received numerous awards, including receiving Honor Band 12 consecutive years, and 13 total.

However, marching band isn't only about hard work. Members made lasting friendships, had fun and they really enjoyed what they did. "I did it because all of my friends were doing it. It turned out to be more fun than I thought. I have made my absolute best friends in it," senior Keri Ruggles said.

"It can be pretty fun. We get to go to competitions and have fun. It does get hard sometimes but we have a goal to be the best we can," sophomore Alex Nelson said.

Members also learn valuable life lessons during their years of being with the band. "I learned how to work with my peers as well as lead them," senior Allison Cwick said.

If the band continues their own version of the "tradition is excellence" motto, they will keep excelling at what they do best. They will also continue to receive their superior ratings at competitions and no matter what, they will have fun doing what they love to do: play their music on and on.

-Valene Evans and Patricia Arans

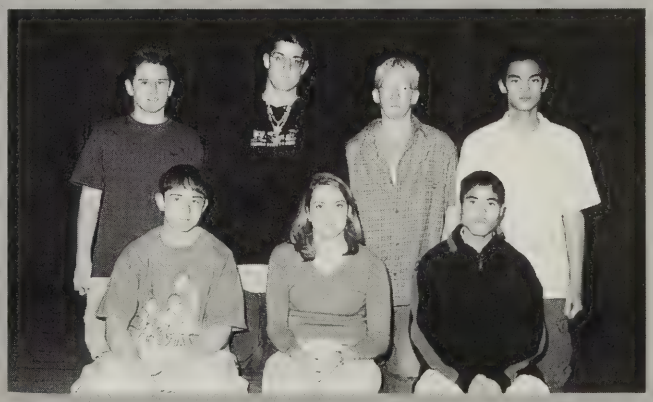
Atten-tion! Friday nights weren't just about football and cheerleaders, there was the marching band and colorguard, too. One of the things that was required of the colorguard girls was that they had to be on the beat, constantly. The girls stand ready, waiting for their cue from the marching band to begin.

Girls That Twirl Colorguard girls spent many hours practicing with the marching band to perfect their twirling, tossing, and catching skills. It was crucial that they stay in time with the music, because missing a step could prove devastating. The girls twirl their flags in unison during a football game.

Toe Tappin With the marching band, it wasn't just about the music; there was extensive choreography and beats to learn. They had to time their steps with the music and with each other, otherwise the members could potentially collide with each other. The members of the marching band perform their music and time their steps perfectly.

Drum Majors:
Alberto Medina, Jason Mosley, Allison Cwick
Generals:
Keri Ruggles, Teniqua Rush, Mike Flowers, Meghan Godbey, Megan Oden

Colorguard:
Front- K. Kraft, K. Larson, A. Sweeny, K. Centers, K. Coffeild, M. Weis, M. Coffeild, M. Oden, E. Flodstrom, K. Taylor, B. Stormer, N. Truman
Back- J. Downes, M. Sanderson, T. Coffeild, P. Bridenthal, C. Gilbert, C. Walton, L. Simpson, K. Brodowski

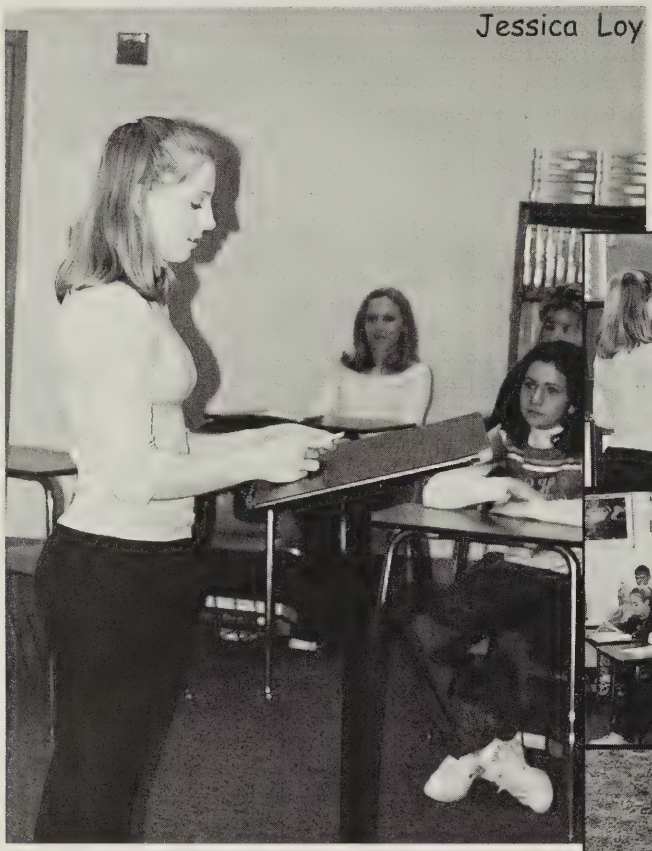


Drumline:
Front- Chris Fillmore, Lauren Twombley, Alejandro Medina
Back- Raymond, Craig Brown (captain), Chance Cole, Josh Koles

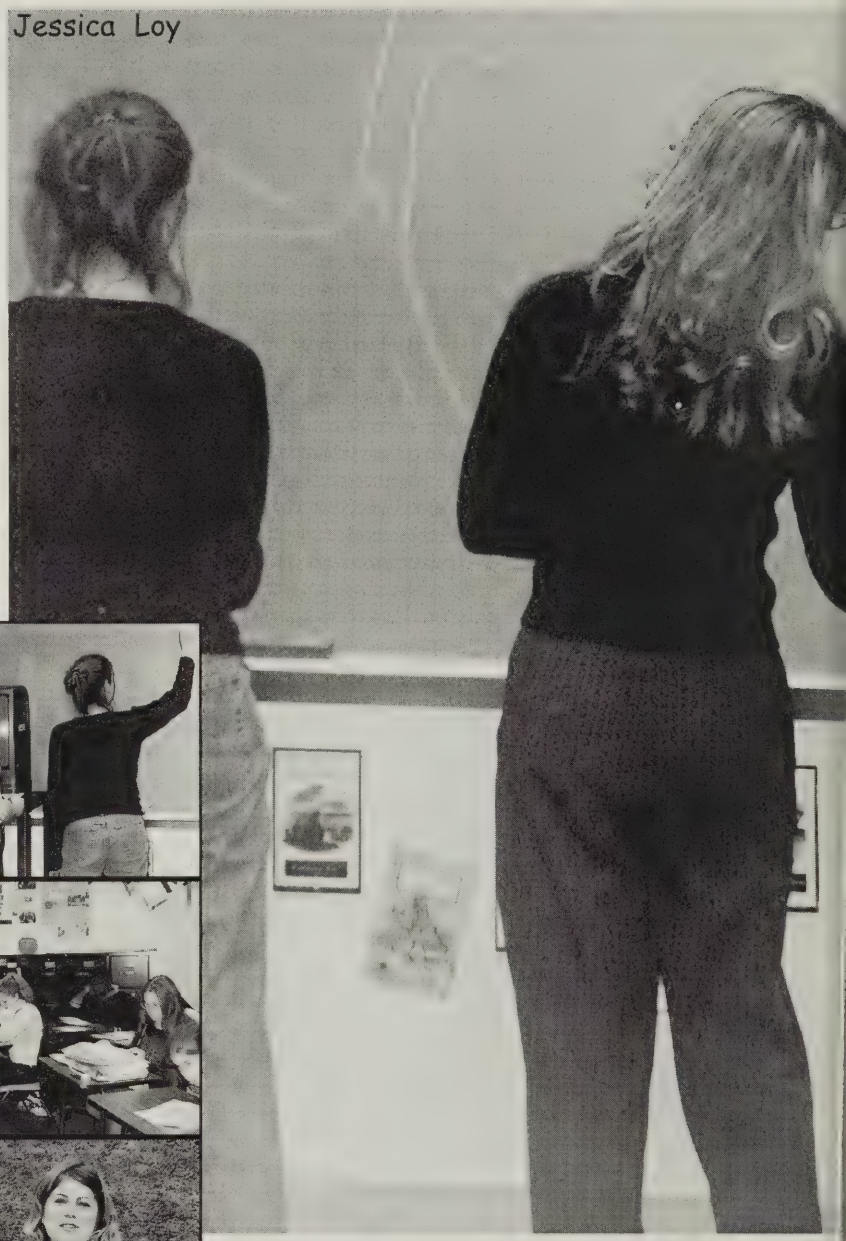
Up At The Blackboard. For some classes, students got to teach things to their fellow classmates. Three girls draw diagrams on the chalkboard to demonstrate one of the points of their presentation.

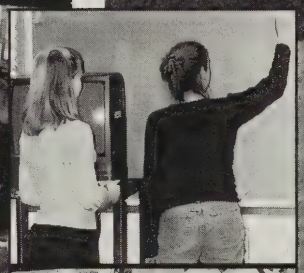
On The Edge Of Your Seat. Oral presentations were apart of every English class; there was no escaping it. If the student was prepared, then the presentation would go smoothly. Sophomore Kaylen Baker was very well prepared for hers as she coasted throught it with no problems.

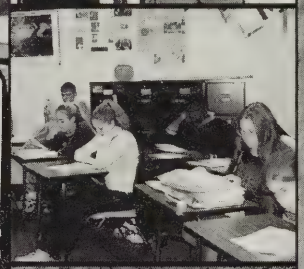
Jessica Loy

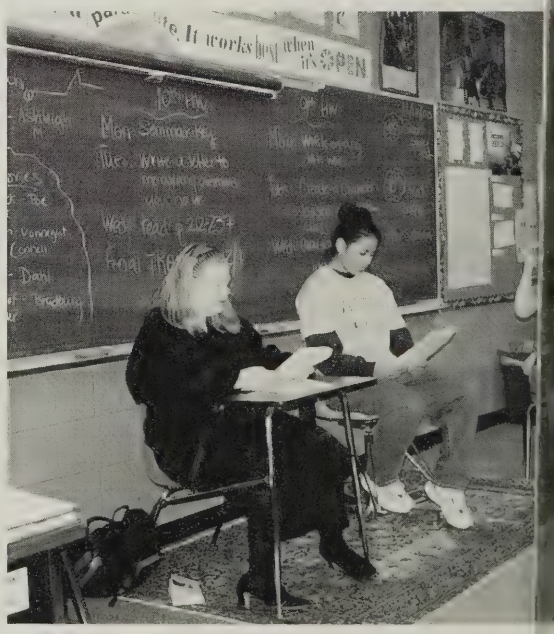


Jessica Loy









Order In The Court. All English classes were required to read novels, and the sophomores had to read To Kill A Mockingbird. Sophomores Lyndsey Duncan, Maile Daniles, and TJ McAdams perform the famous court scene in front of their classmates.

At the Head OF THE CLASS

School work has always consisted of more than just homework and tests. Many different teachers require students to do different projects during their four years of high school. Projects range from different types of posters and reports to models and even skits. People have their own ideas on what makes a good project.

"I like the types of projects where you don't have to do too much work," said sophomore Mike Colling.

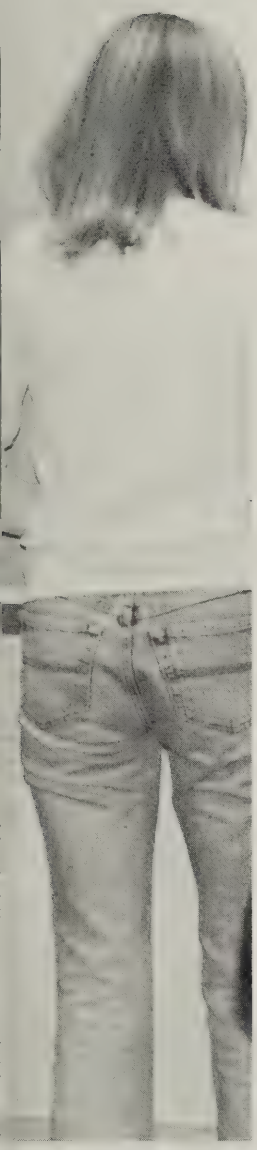
Projects aren't the only things teachers have students do. Presentations are a big part of a students writing career. One such class that definetly needs to have presentations in it is oral communications.

"We do everything from skits to standing up in front of class and speaking. The students are learning how to talk in front of an audience, " said Mrs. Parker, the oral communications teacher.

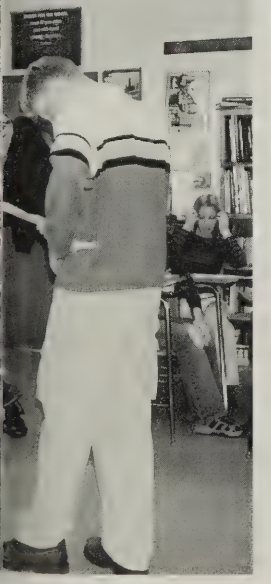
" Sometimes presentations can be a bother, having to put so much work into something, then when you get up in front of the class, you can still screw the whole thing up," said sophomore Sean Elsasser.

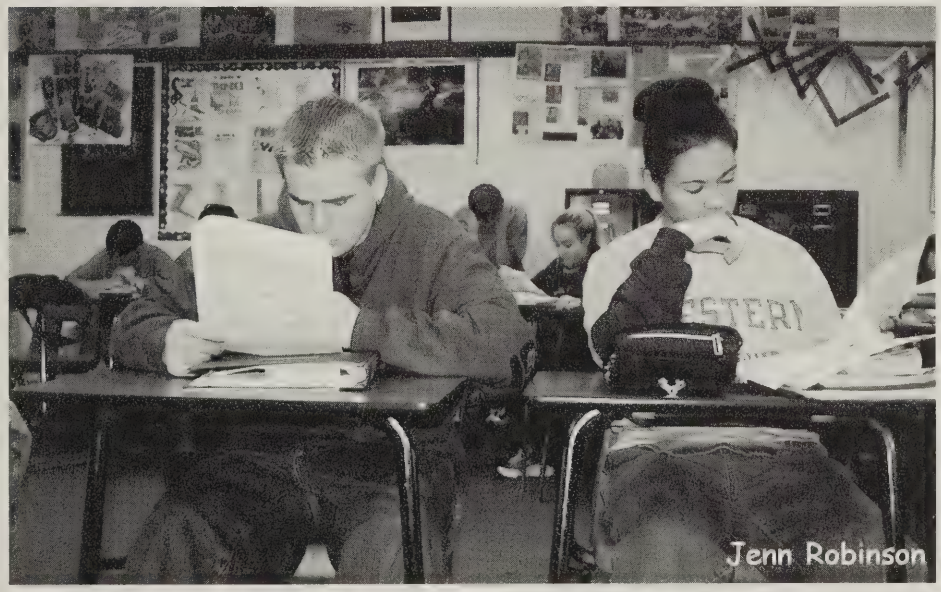
Projects and presentations will always be a large part of the students activities, they will never go away.

-Drew Cline



Jenn Robinson

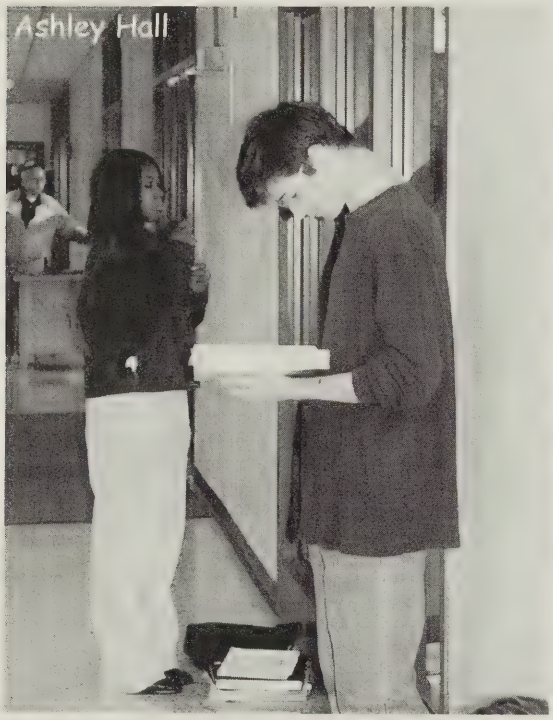


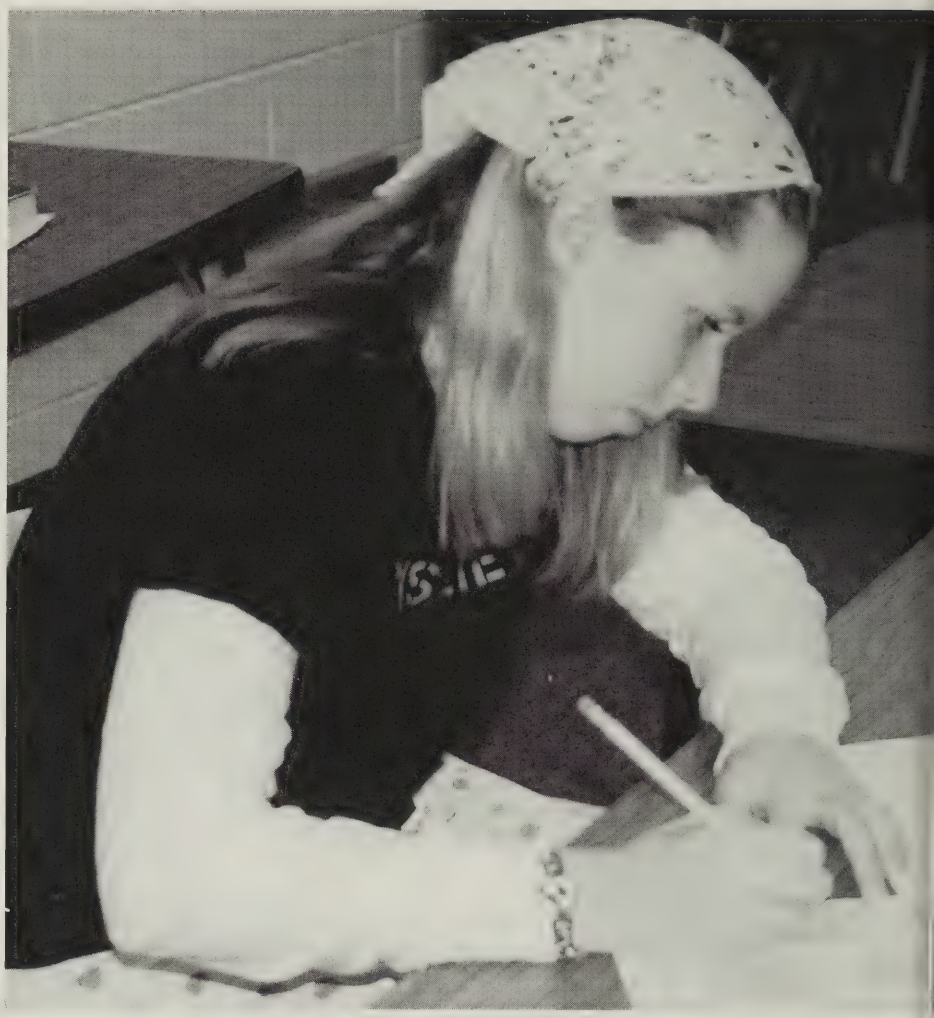


What's My Motivation? To better understand what they were reading, teachers often had their students read aloud. Sophomores Chris Mathewson and Maile Daniels portray characters from the novel To Kill A Mockingbird in Mrs. Robinson's English class.

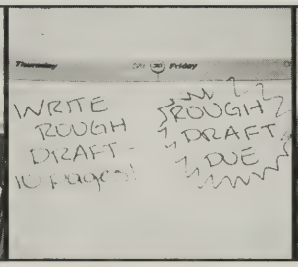
Wait, Is It A? Or Is It C? Tests were an unavoidable part of school. Students could choose to either study for them or not, and it reflected in their grade. Junior Kim Heaton takes her make-up English test after school one day.

Last Minute Studying In order to prevent having to do it at home, students often studied during any spare moments they had. This student studies and looks over some homework while waiting for his ride after school.


Ashley Hall


Ashley Hall

Twiddling Her Thumbs. Students often got nervous right before taking a test, especially if they put off studying for it. Senior Angela Kelley fidgets nervously as she waits for her dual enrollment biology test to be passed out.



Pulling ALL NIGHTERS

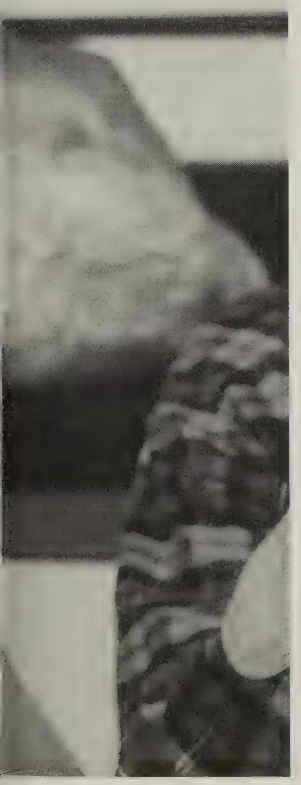
Doing your homework at the beginning of class, the period before it is due, or even starting and finishing a project the night before it's due must surely sound familiar. There is a point in any average students life that they have done their work at the last minute.

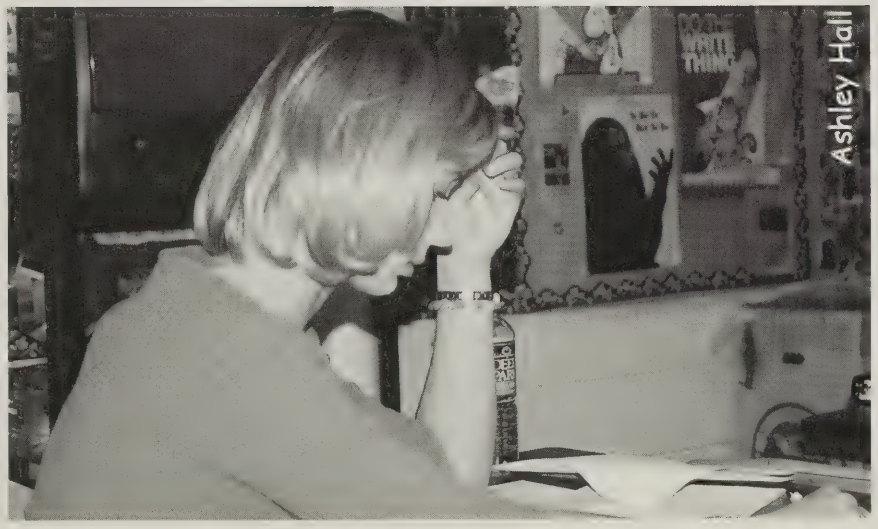
Amongst students this thing called procrastination is a commonly heard of thing. Students like, junior Mike Shantz said, "Procrastination is an art...it takes years to perfect."

If you asked students to describe themselves, school wise, he or she would probably put procrastination in their description. To some it fits the way he or she is, junior Mike Singer said, "Procrastination is just ME."

Some take procrastination seriously and others lightly, but at some point there has to be some fun in it. In the words of Sarah Whisman, "I am like *the* procrastinator, I'll tell you about it later."

-Christina Stevens



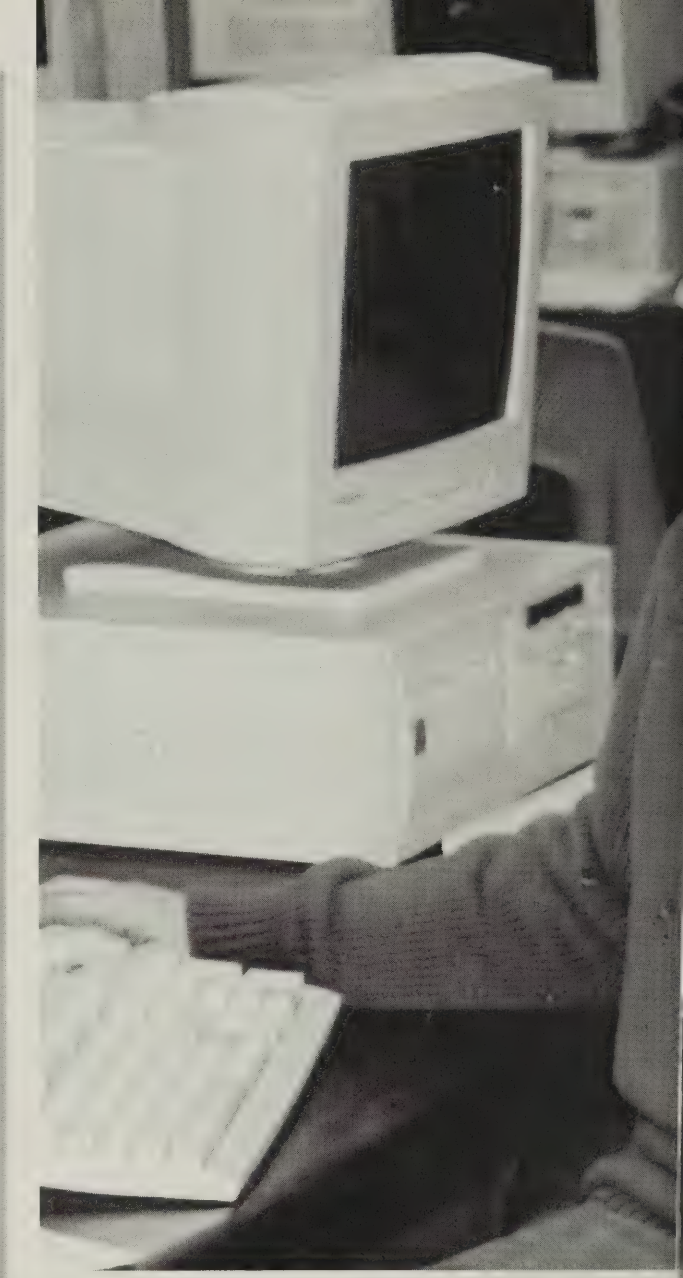


Multiple Uses for the Moment of Silence Since the moment of silence was added, students had an exra minute to finish up any left over homework before class actually started. Senior Joy Dogget looks over her research paper before turning it in during the extra sixty seconds.

Senior Class Officers:
Megan Leeds, Dan McCleese, Lauren Boatwright, Kyle McAleese, Ashley Hall

Junior Class Officers:
Elise Jackson, Jenn Ashinhurst, Kristen Sondermann, Erin Cwick

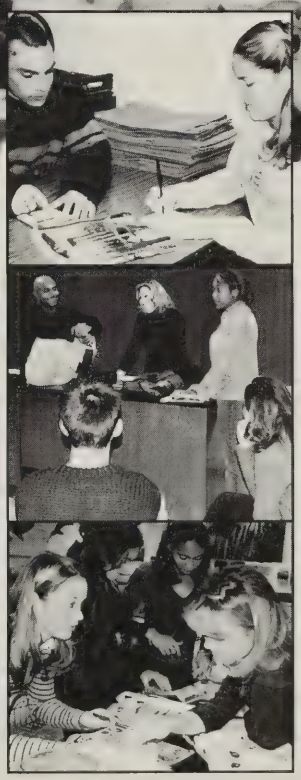
Sophomore Class Officers:
Kristina Kube, Cindy Schweer, Erica Doolittle, Alison Armstrong



Freshmen Class Officers:
Front- Jenna Ringhoffer, Stephanie Leyva
Back- Lauren Lawson, Erin Murphy, Tiffany Warner, Dan Lavoie

Lonely At the Top. Being a senior class officer required spending a lot of time planning senior activities. Senior Dan McCleese finalizes plans on the computer before printing them out and showing them to Mr. Smith and senior class president Lauren Boatwright.

This Looks Nice...Officers were often in charge of planning activities and events for their class. The ideas that they got weren't always their own, though. Juniors Jenn Ashinhurst and Elise Jackson flip through magazines to get ideas for upcoming events.



SCA:
President-Lauren Parker
Vice President- Amy Savarese
Treasurer- Joe Gibbons
Secretary- Kristina Perry
Historian- Tess Winkler **Sponsor**- Mrs. Truslow

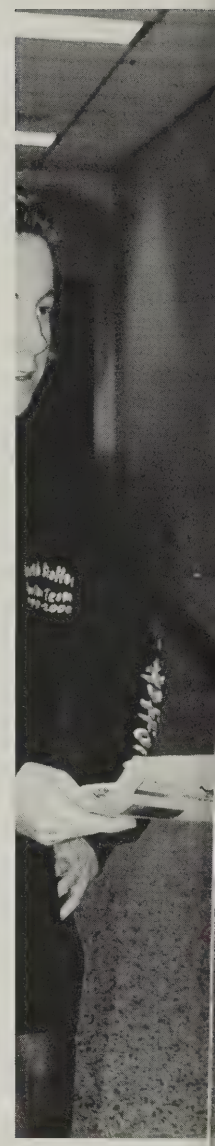
Printing the Pictures... A major part of photojournalism is photography. Senior Emily Kulbeth prints a picture for one of her many yearbook spreads. Photographers used their own cameras but printed all their pictures in the school's darkroom. "I learned how to develop my own pictures my junior year and yearbook is just another way I can express myself through photography," Kulbeth said.

Other aspects of photojournalism included writing the stories or captions, designing the spreads and cover and taking care of the financial issues. Yearbook was offered for two periods during the day so editors and staffs could interact. Their main goal, as always, was to produce a great yearbook without missing deadlines. "The week of a deadline is probably the most stressful week of the year. Cropping pictures, editing articles, and writing captions prepares you for the multiple stress-filled tasks you will have to face in college," said senior production editor-in-chief Jeremy Crist.

Setting deadlines aside, photojournalism was a great experience for students to meet several other people and work with them in a business environment. The end product definitely made all the struggles well worth the effort.

-Stacy Way and Ashley Hall

Jacqui Capriglione



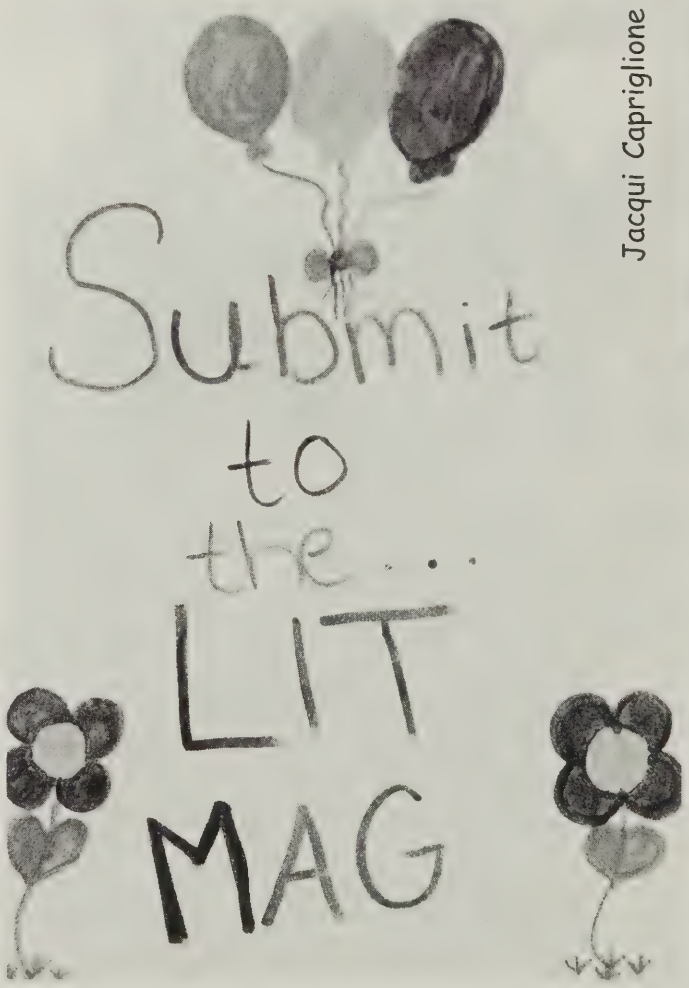
Jacqui Capriglione

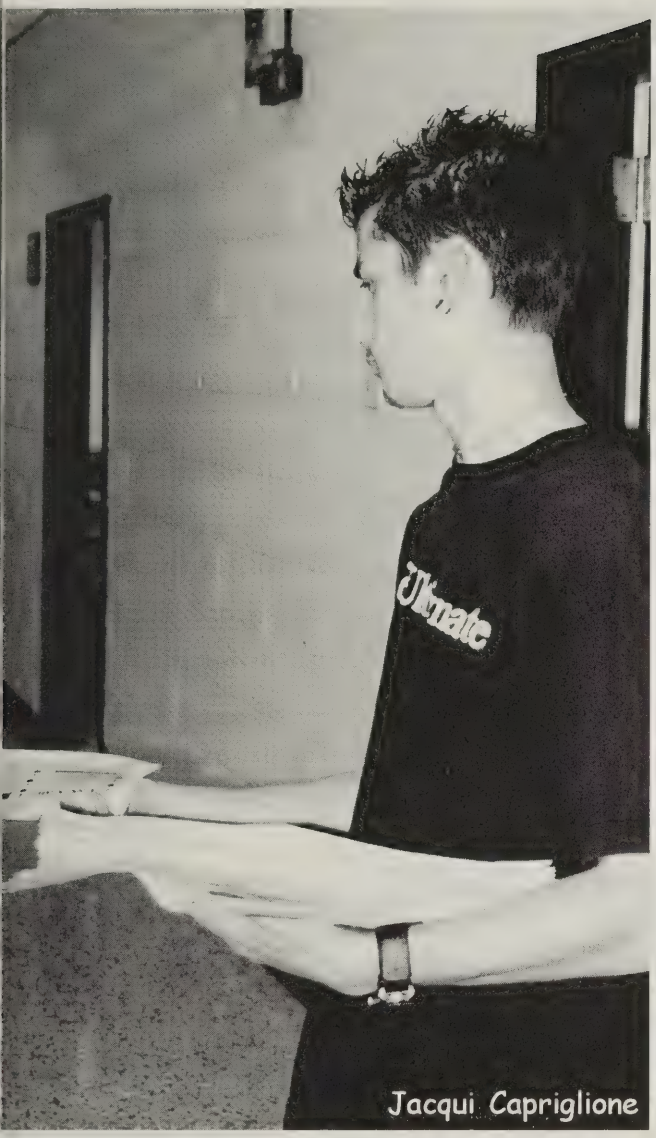
Submit! It only takes a few weeks for everyone to find out what the Lit Mag is. As one of the most popular publications at this school, it gives students a chance to show off their creative talents. The Literary Magazine can't exist without students submissions of poems, short stories or artwork. Everything from the cover to the last page was composed by NS students. Posters such as these could be seen around the school all year long.

Soliciting students to submit work to the magazine was often easier said than done, however. Catchy phrases, bright posters and colorful drawings helped to capture students' interest. And when it was all said and done, the finished product turned out wonderfully.

Mrs. Norton was the Lit Mag sponsor and has enjoyed it these past few years. She said, "I've been the advisor of the Lit Mag for six years. I enjoy seeing the expression of students' feelings and putting it all together visually- so everyone can see it." She also teaches the creative writing class which spurrs ideas that the students can use in their Lit Mag submissions. If you missed the deadline this year, there's always next year to...SUBMIT TO THE LIT!

-Stacy Way and Ashley Hall



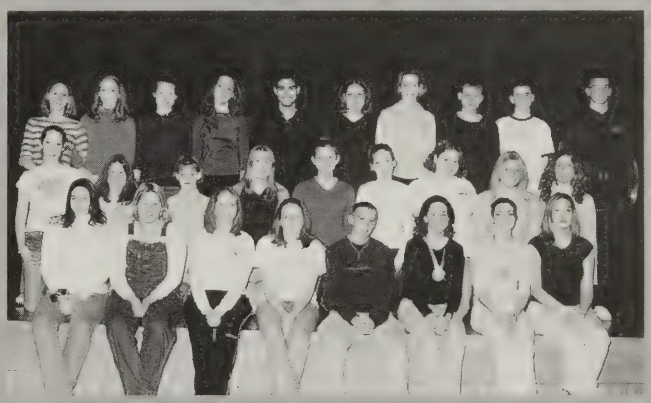


Jacqui Capriglione

Paper Anyone? Out of the schools three publications, the North Star produced their publication more frequently than both the the Lit Mag and Flashback, which are both a once a year publication. The newspaper came out every nine weeks. Staff member senior Jon Cerny hands a copy of the North Star to fellow senior Chris Heck.

Lit Mag:
Front- Ashley Brunacci, Shauna Young, Wendy Nelson
Back- Frankie Zaborowski, Jason Cassi
(not pictured- Brittanie Martin)

North Star:
Front- Huda Ayub, Casy Middleton, John Boothe, Christina Deyak, Laura Smith, Jenny Villacres, Eboney Barry
Back- Jen Mallory, Jon Cerny, Brian Chapman

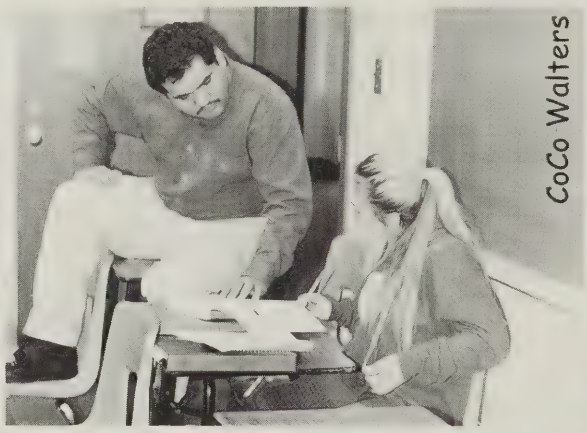


Flashback:
EIC-Jeremy Crist, Stacy Way **Business**- Mary Whitlow
People- Katie Walters
ClubAdemics- Jenn DiCristina
Sports- Megan Tunney, Kate Waldhauser
Photography- Jacqui Capriglione, Jessica Loy

French:
Front- Leslie Peters, Nicole Peters, Serena Tyson
Middle- Kristina Miller, Natasha Malik, Natalie Murray, Emily Frank, Justine Bushore
Back- Heather Melville, Jenna Stephenson, Merideth Westerholm, Sarah Magee, Joel Hudson

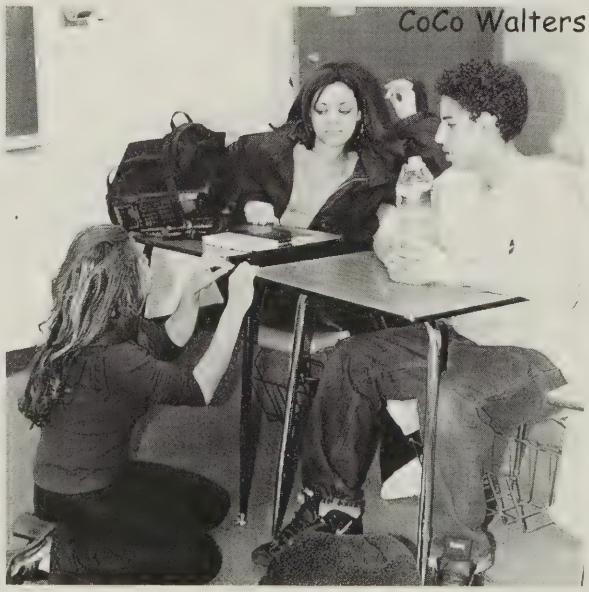
German:
Front- Ryan Kennedy, Allison Ives, Melanie Carter, Jocelyn Davidson, Amanda Tucker
Back- Christina Winters, Michael Mattocks, Casey Kreft, Christine Wishmyer, Valerie McKenzie

Oh, Now I Get It. Spanish work doesn't always come easily and many students found themselves needing extra help on classwork. Mr. Gonzales devotes his time to helping students better understand the Spanish language.



CoCo Walters

Is It Time To Go Yet? Talking with friends could always help to pass the time when waiting for the bell to ring at the end of class. Students often used this free time to catch up on each other's daily lives and make plans for the weekend.



CoCo Walters

Photo courtesy of Mrs. Alagood

Shake Shake Shake Paper mache can be fun. That's what these students learned. Seniors Megan Bieber, Dan McCleese, Amanda Jones, and Melissa Barrett learn the basic mechanics of making maracas in Mrs. Alagood's Spanish class.

Latin:
Front- Mike Berl, Kelly Hartman, Andrew Fitzgerald, Desmond Ang
Back- Thomas Sigman, Ryan Packman, Brandon Klein, William Weaver

Spanish:
Front- Reina Guevarra, Rasheka Pitts
Back- Traudlinde Pelletier, Susan Joo, Amanda Sawyer

CoCo Walters

Is This Real Wine? French Club wasn't all about learning how to speak the language; they also dove into the culture as well. Members of the French Club had a mock cheese and wine festival where they got to sample grape juice and a variety of cheeses.

Foreign LANGUAGE OFFICERS:

French Club:
President- Serena Tyson
Vice President-Stephen Zaborowski
Treasurer- Leslie Peters
Secretary- Nicole Peters

German Club:
President- Laura Hull
Vice President- Jocelyn Davidson
Treasurer- Valerie McKenzie
Secretary- Christine Wishmyer

Latin Club:
President- Justin Stringer
Vice President- Jared Kidd
Treasurer- Mike Berl
Secretary- George Lecakes

Spanish Club:
President- Reina Guevara
Vice President- Susan Joo

Percussion:
Front- Juan Mojica, Jaci Wasek, Ashley Bunch, Mindy Scanlon, Raymond Hoy
Back- Steven Wagner, Terran Jones, Allen Mazzoli, Kenny Taylor, JT Wilhoite

Orchestra:
Front- Cynthia Schweer, Miranda Sanderson, Stephanie Hom, Laura Welch, Ami Camp
Middle- Matthew Fryer, Sean Potter, Colleen Bressler
Back- Amanda Kempfer, Justine Bushore, Ben Bohman, William Weaver, Josh Starner, Jennifer Feldhaus

Wind Ensemble:
Front- Jennifer Speight, Alberto Medina, Kerri Glaze, Tanique Rush, Lauren Twombley, Meghan Godbey, Allison Cwick, Melanie Carter, Arthur White
Back- Jason Mosley, Keri Ruggles, Richard Davis, Susan Joo, Christine Vance, Kayondra Reid, Chris Fillmore, Alejandro Medina

And A One, And A Two... Finally, it was the moment that the band members had been waiting for. It was performance time. Freshmen John Thompson Sean Potter practice to put on a dynamite show.

Caitlyn Steinin

courtesy of Mr. Medina

"We had such a productive and rewarding year-I'm sad to see it end! I just hope that the future classes carry on the proud tradition."
-Tanique Rush, 12

"The class is well rehearsed and knows the music well. Everytime we pick up a piece and play it, it sounds close to perfect."
-Alejandro Medina, 10

"It's a lot of hard work, but it really pays off in the end."
-Christine Vance, 10

"The percussion class is a very talented class and together, we can do just about anything."
-Terran Jones, 10

Let's Take It From The Top. In order to play well during their concerts, the orchestra had to practice for an immeasurable number of hours. Sophomores John Thompson and Sean Potter reherse during class for an upcoming performance.

Caitlyn Steining

Warm Hands, Happy Music. The cello can be a difficult instrument to master, especially when it's always so cold in the schol. Junior Laura Welch works on getting the hang of it and has fun while doing it, too.

"I don't think Ms. Hambrick can put up with me for too much longer."
-Brian Donlan, 10

"Playing at the senior citizen prom is cool because it's fun to give the elderly enjoyment from our music."
-B.J. Cole, 11

"The Jazz Band is one of the more difficult bands in the school. We work hard and practice a lot, so we sound really good!"
-Casey Kreft, 10

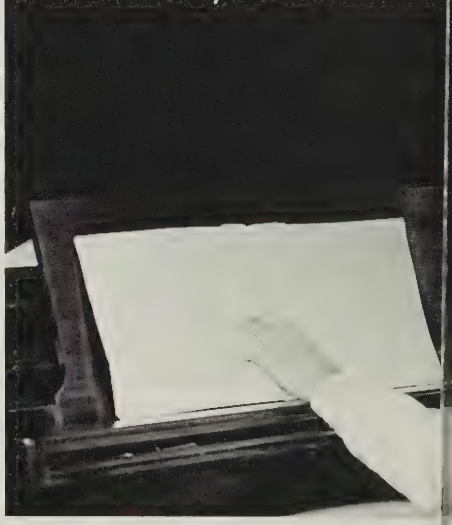
"It's a good way to express your emotions, through the music you can get a lot of feeling across with your solos and other pieces."
-Steven Ayres, 10

"Jazz band is one fun time we play cool music and we make it sound good."
-Tyler Twombley, 11

Sing It For Me One More Time! Not too many people associate electric guitars with high school band, but North Stafford took the first step in expanding the use of instruments. Junior Joe Mueller plays guitar on stage while his teacher, Ms. Hambrick, looks on.

Photo courtesy of Mr. Medina

Photo courtesy of Mr. Medina



The Pianist. The skill of reading music took a lot of time to learn, bu to be able to read it while playing a the same time, that was a challenge. Junior B.J. Cole reads his music carefully while performing a selection at a concert.

Photo courtesy of Mr. Medina

Songs of Christmas Cheer. For their Christmas Holiday Concert, the members of Jazz Band donned Santa hats as they played. Members played many selections that night, including Rudolph the Red-Nosed Reindeer and Frosty the Snowman.

Concert Band:

NAMES NOT AVAILABLE

Jazz Band:
Front- B.J. Cole, Chris Townsend, Kevin Wisner, Tyler Twombley, Drew Moore, Alberto Medina, Ricky Perry
Back- Brian Donlan, Craig Brown, Joe Mueller, Jon Cerny, Steven Ayres, Casey Kreft, Jameson Brunkow
(in loving memory of James Whaley)

Symphonic Band:

NAMES NOT AVAILABLE

"I take Advanced Women's Ensemble because I like to sing. The class is sort of fun, and it's very easy. The hardest thing is being able to hit the notes; it really takes some extra effort to hit them. We don't really perform a whole lot; only at winter and spring concerts, really."

-Christal Haley, 11

"I love to sing and I love a challenge, which is why I took Madrigals. It's difficult and you need to concentrate a lot. We sing in a whole bunch of different languages: German, Italian, and French are the hardest, but Herbrew is pretty easy. We made districts two years in a row, and it's hard to do that!"

-Melony Segar, 12

"Being in Show Choir is a good way to make new friends, plus I love to sing and dance. All the girls in there are like sisters. One of the difficult aspects of it, though, are when we're trying to choreograph a lot of songs at one time. The best time was when I got to choreograph Jingle Bell Rock, which is my absolute favorte song."

-Leah Beard, 11

Reading Sheet Music Singing wasn't the only requirement for a chorus class; it was also helpful if one knew how to read sheet music. Freshmen Jacob Pack, Thomas Bohman, and Michael Ferguson read over a selection before attempting to sing it.

Advanced Women's Ensemble:
Front- S. Wagner, V. Carter, J. Huckabone, C. DiMattina, K. Price, A. Simmons, J. Baker, K. Coffield, C. Paul, J. Simmons
Middle- A. Hester, S. Tawadrous, C. Bohman, T. Murgo, A. Hester, T. Reese, K. Maxwell, T. Long, T. Kofler, A. Stokes, E. Gallagher
Back- T. Baldwin, N. Bell, M. Maddox, V. Mohammed, K. Meadows, A. Jones, R. Cooper, A. Sawyer, A. Woodbridge, N. Truman, C. Haley

Chorale/Mixed Chorus:
Front- L. Owsley, M. Ferguson, M. Edmunds, M. Dorr, C. Suarez, Q. Dean, J. Eastmond, T. Nguyen, A. Powell
Middle- J. Kerrick, S. Baker, A. Dennis, S. Ball, T. Bohman, C. Andrew, M. Torres, C. Dorsey, A. Hevia
Back- C. Dunphy, L. Burlingham, S. Chough, R. Soukkhaseum, A. Barnett, C. Blanch, J. Foxworth, K. Nageotte, V. Dinson

Doe-Ray-Me Chorus students were required to practice outside of school as well as in class. Choir students took time during class to practice harmonizing with each other before trying to perform in front of their teacher for a grade.

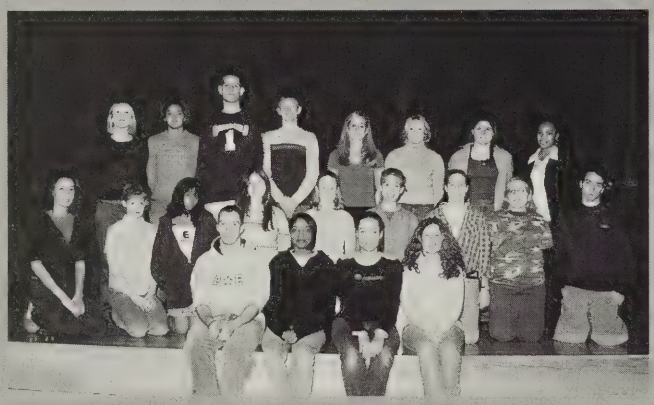
Strut your stuff Sophomore show choir students Terre Fabricatore and Ashley Sweeney perfect the incredibly hard task of dancing and singing at the same time. In addition, they had to memorize the words to many songs, counts to music, and foot placement.

Eye Like A Hawk There's always room for improvement when it comes to performing. While observing her class, Mrs. Van Buren jots down some notes on things that she thinks need improving.

Madrigals:
Front- H. Wasser, K. Donovan, A. Marcano, M. Segar, B. Summerhill, J. Adams, K. Coffield, N. Stanton
Middle- I. Jenkins, D. Lavoie, K. Sigler, M. Mohammed, C. Nance, J. Sawyer, K. Tolbert
Back- M. Donovan, M. Johnson, S. Durham, D. Terry, J. Metzger

Show Choir:
Front- Ashley Collie,Terre Fabricatore, Ashley Sweeney
Second Row- Aileen Conrad, Tina Kennedy, Rebecca Taylor, Rochelle Love, Carly Heidelbach, Courtney Geesling, Amanda Santana
Third Row- Leah Beard, Angela Zipay, Angela Ferris, Jennifer Bennett, Amanda Burks
Back- Karina Kwiatkowski, Tasia Curtusan, Candace Walton

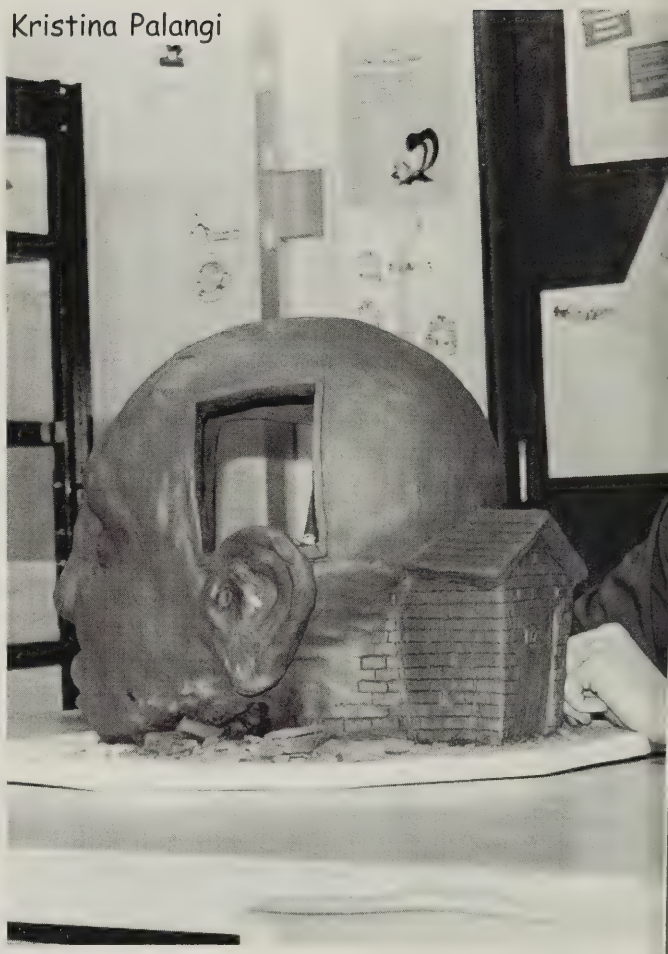
FCA:
Leaders- Marcus Boone, Bea Stormer. Stacy Way, Molly Bostelman, Stephanie Walton, Gwyneth Andrews, Brock Scott



NAHS:
President- Marcella Lee
Vice President- Chris Bennett
Treasurer- Jazminia Griffith
Secretary- Caitlyn Steining

NHS:
President- Nicole Kistler
Vice President (Programs)- Kate Waldhauser
Vice President (Service)- Natalie Brito
Recording Secretary- Katie Fox
Corresponding Secretary- Megan Tunney
Treasurer- Andrew Parks
Fundraising Treasurer- Blake Gauthier

Kristina Palangi



Almost Done Senior Andrew Parks puts the finishing touches on his sculpture for art class. Their assignment was to make an organic object into an inorganic object. Parks drew insperation for the project from a character in the book Native Son.

Kristina Palangi

"My favorite thing about NHS this year was reading to the elementary school kids at Rockhill."

-Megan Tunney, 12

"I painted an angel for a Christmas tree ornament. We also had a pumpkin contest."

-Cherie Dennis, 10

"I enjoyed showing the teachers how much we appreciate them by decorating their doors for teacher of the month."

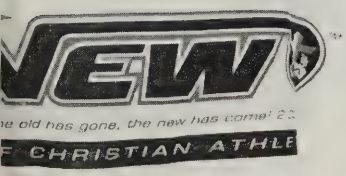
-Kate Waldhauser, 12

"We have to do 3 service projects a year. One of the ones I did was going to art shows at Brooke Point High School and helping teachers take down displays."

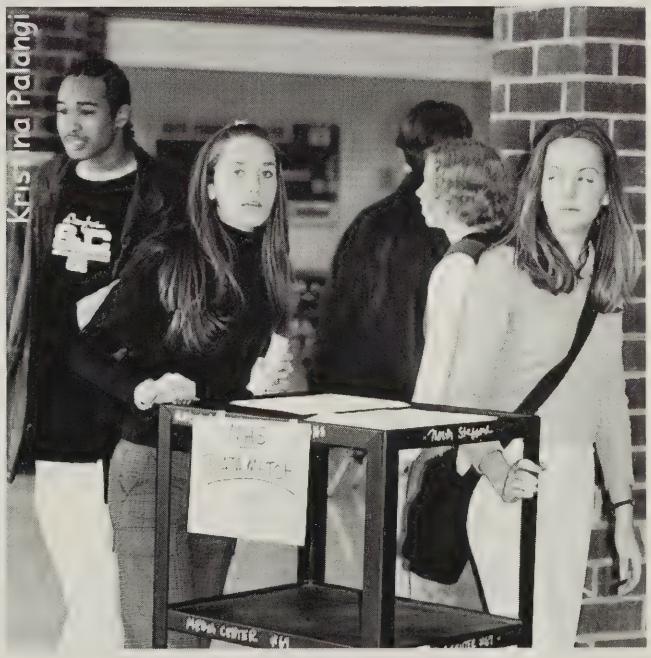
-Stephanie Fisk, 10

"It's awesome being involved in a club that makes a difference for Christ in our school. It's nice knowing that you can come to school and be around other people that believe the same things that we do."

-Molly Bostelman and Mary Whitlow, 12

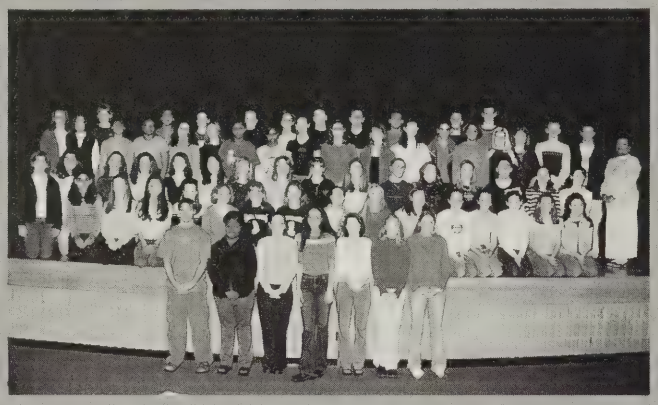


2BNew... The Fellowship of Christian Athletes' theme this year was "To Be New" which symbolized being a Christian. The FCA held weekly meetings at 7am on Wednesday mornings.



Data Matches Anyone? Just in time for Valentine's Day, the National Honor Society distributed the data matches that students had filled out earlier that month. They sent students' answers off to be analyzed and returned with who each student was compatible with. Sophomores Casey Middleton and Cindy Schweer earn NHS points by handing out matches during lunch.

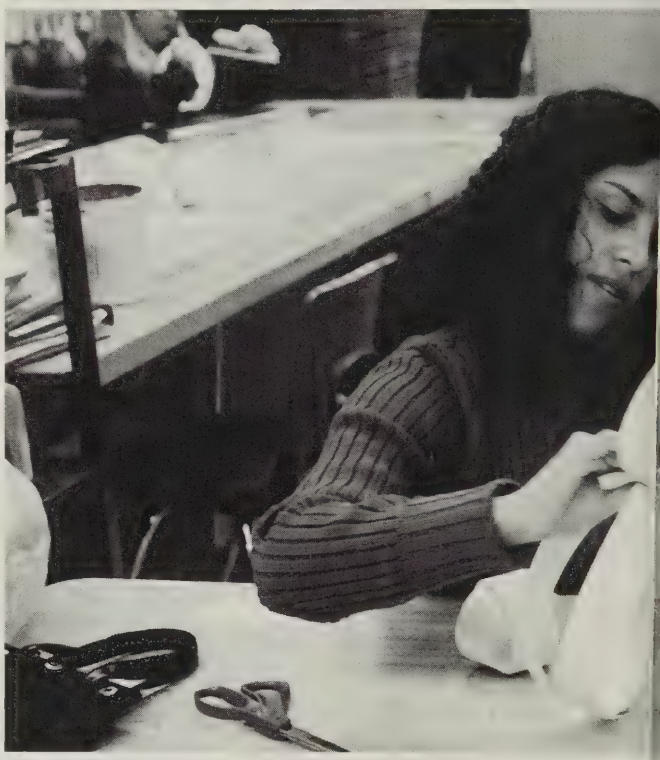
Environmental Club:
Front- Cindy Schweer, Kerri Glaze, Terre Fabricatore, Robyn Nakamoto, Melanie Carter, Natasha Malik
Back- Kaycee Nakamoto, Miranda Sanderson, William Alberto MedinAlberto MedinWeaver
(in loving memory of James Whaley)



Interact:
Officers- Ross Shannon, Valerie Coles, Shannon Kelley, Natalie Brito, Michelle Ensrud, Kristina Palangi, Becca Burnside

SADD:
Officers- Carrie Gann, Joe Gibbons, Kyle McAleese, Meagan Bressler

Emily Kulbeth



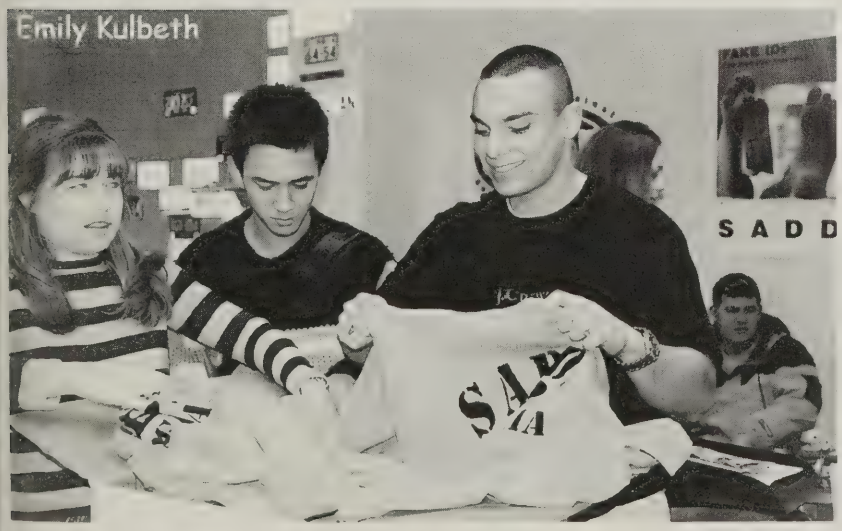
Lend A Helping Hand Students of Learn and Serve took time out of their 7th period class every Wednesday to help out in the art room. Senior Marlena Chavez holds the paper sculpture while Megan Tice staples the center of it. On Tuesdays and Thursdays, Learn and Serve students could be found doing community service projects in Park Ridge.

Candy Anyone? Finding creative ways to make money, the Learn and Serve made candy grams for students to buy during Valentine's Day. This became an expressive way for students to show their feelings and for the school to make some extra money. Anyone care for a mint, uh, wheel?

Emily Kulbeth

Learn and Serve:
Front- Aaron Biscombe, Kaycee Nakamoto, Deenie Kidby, Ryan Loucks, Mark Anderson
Middle- Ayana Garcia, Ashley Cox, Katie McFadden, Marlena Chavez, Cara Terry, Eileen Calvo, Adam Smith
Back- Paul McHugh, Wayne Champagne, Min Lee, Andrew Mitchell, Sean Allen, Zach Marzaloes

Students Serving Stafford:
Katelyn Sperry, Natalie Brito, Valerie Coles


Emily Kulbeth

Time To Unpack This year's SADD club had such an amazing turnout that they were able to purchase shirts for all of its members. Junior Kristina Perry and seniors Kyle McAleese and Joe Gibbons inventory the first box of shirts at one of their meetings.

"Debate gives me the chance to argue and I like to argue. I debate Congress and my most interesting debate was over cell phone regulation. I have a fear of speaking in the beginning of a debate, but it usually goes away after a while."
-Cherita Paul, 12

"I have a lot of deep passion for history and that's why I'm in history club. We get to hold dinners and watch historical based movies, like Amistad. I like that we get deeper into history than we do in history class."
-Brian Fields, 11

"With forensics, I get to be wit h the most talented people. Mr. Osmundson is wonderful and he helps us perfect most of our abilities. Forensics is good if you like to act, or just make an idiot out of yourself."
-Zac Monday, 10

"I do forensics because it looks good on a college application. I do duo with John Kingman and we won 2nd place at the competition at Courtland High School. Maybe next time we'll get 1st, or 8th. We have to be modest."
-Andrew Leyva, 11

Pay Attention! Debate topics were often shared by the debators. Freshmen Diana Peloquin and Jennifer Fires listen to another debate member as they went over their arguement. Debate members oftne looked to one another for help and practice with topics. After all, practice makes perfect.

Alberto Medina

Academic Team:
Front- John Kingman, Victoria Glick, Justin Stringer, Dexter Ang, Andrew Lavinus, Kelley Gabriel
Back- William Weaver

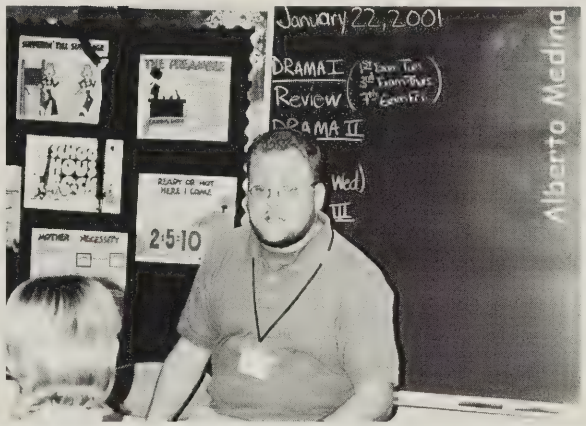
Debate Team:
Front- Amanda Kimble, Michael Mattocks, Huda Ayub, Janet Martini
Back- Adrian Marcano, John Kingman, Adam Dunn

Oh, I Know, I Know! At history club meetings, members discuss past and current historical events and junior Katie Fox knows an answer to a question. The history club also went to restaurants and watched movies to experience history.

Alberto Medina

Alberto Medina

And That's Why... Persuasion is a key quality for debators, as junior Jared Kidd demonstrates by explaining his side of the topic. Debators not only had to debate one side of an issue, but the opposing side as well. This requirement helped them think on their feet and made them better debators.



Alberto Medina

Listen Up! Any actor can improve and actors often get advice from their teachers, such as Mr. Osmundson. He helped one of his forensics competitors vocie quality and emotional express were just two of many qualties an actor can improve on.

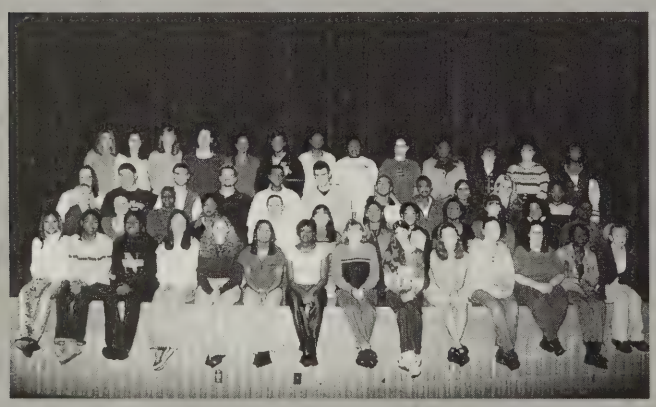
Forensics:
Front- Emily Dahlkamp, Stephanie Walton, April Williams, Dezarae Lawlor, Sarah Giordano
Back- Zac Monday, John Kingman, Chris Monaccio, Karina Kwiatkowski, Andrew Leyva

History Club:
Front- H. Ayub, K. Fox, T. Davis
Middle- D. Spence, B. Fields, J. Martini, K. Sondermann, E. Cwick, S. Magee, H. Rafig
Back- S. Zaborowski, M. Berl, B. Hudson, A. Leyva, G. Andrews, J. Kingman, K. Sigler, A. White, K. Walters, K. Crooks, Mr. Skeen

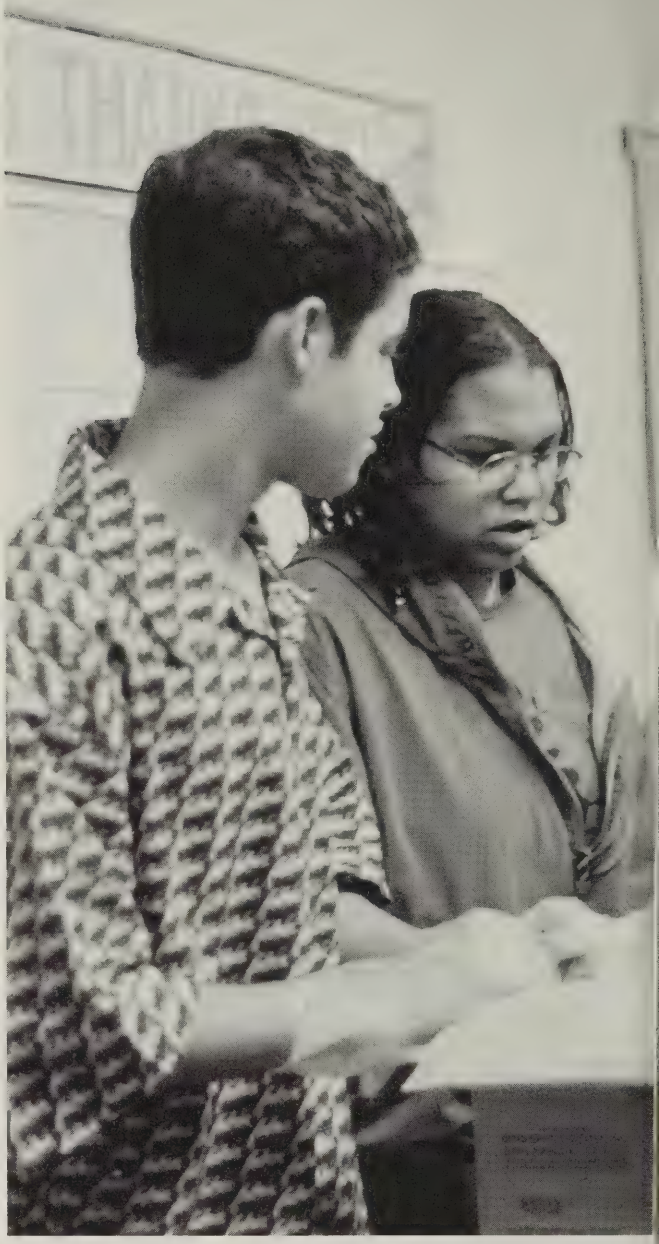
DECA:

NAMES NOT AVAILABLE

FBLA:
Front- Mrs. Darnell, Brandie Jones, Tameko Rowe, Natasha Malik, Robert McKenzie, Josh Diddams, Chris Townsend, Randy Hayes, Bobby Miller, Mrs. Pack



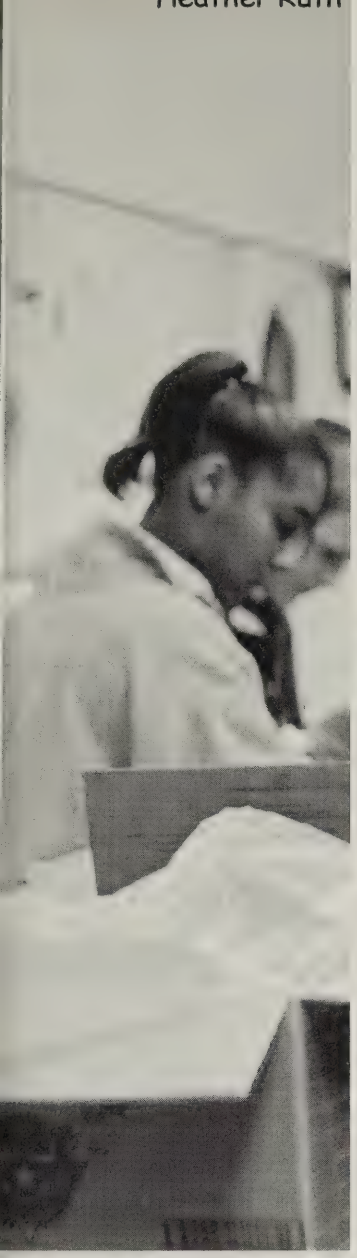
FCCLA:
Co-Presidents- Raquel Hill, Cherita Paul
Vice President- Melissa Torres
Secretary- Keisha Brown
Historian- Jessica Anderson
Fundraiser Chairman- Mark Riptoe
Community Service Chairman- Kandice Chapin



HOSA:

NAMES NOT AVAILABLE

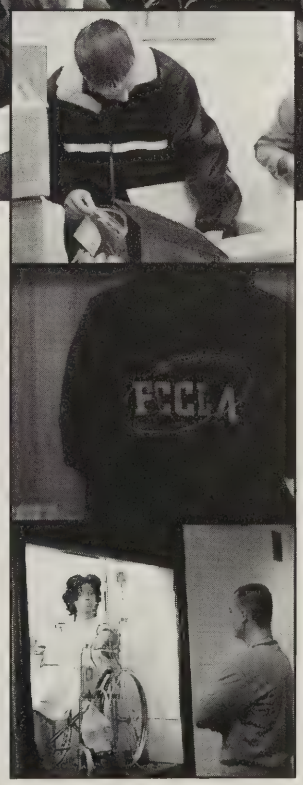
Heather Ruth



Working On The Assembley Line. You can just smell those famous cookies throughout the school. Students work hard to keep up with the high demand for the tasty treats. FCCLA made the cookies every Friday and sold them during and in between classes.

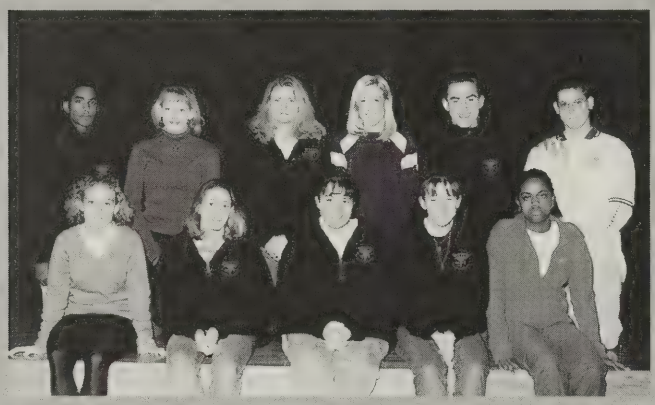
Little Rays Of Sunshine. Reading to kids at an early age can help their minds develop. These kids "ohh" and "ahh" at what's being read to them as their imaginations sore to new heights.

Heather Ruth



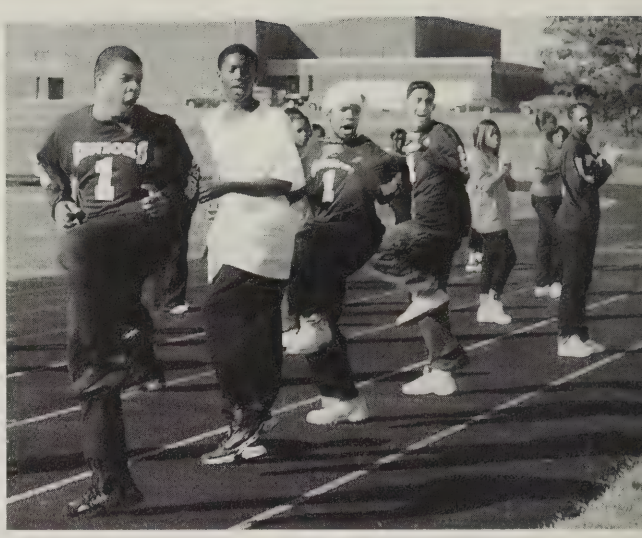
VICA:
President- Steven Drobnak
Vice President- Corey Cox
Secretary- Matt Peterson

Anime:
President- Jamie Nobles
Vice President- Jennifer Simon
Secretary- Katya Brodowski



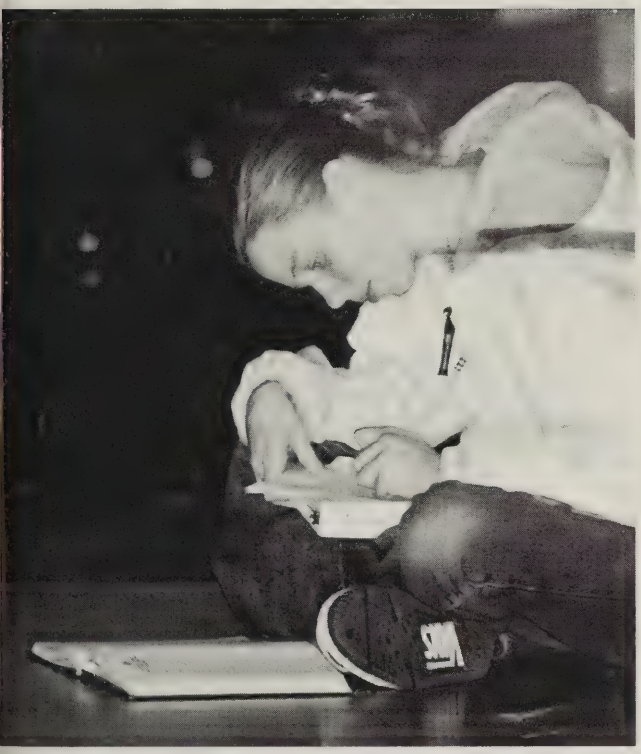
Athletic Trainers:
Front- Melissa Barrett, Megan Bieber, Becky Ashinhurst, Kirsten Mock, Puanani Rebiero
Back- Paul Kaulfers, Rachel Sokoly, Katie Sandkuhler, Carly Hatcher, Anthony Fabre, Brandon Klein

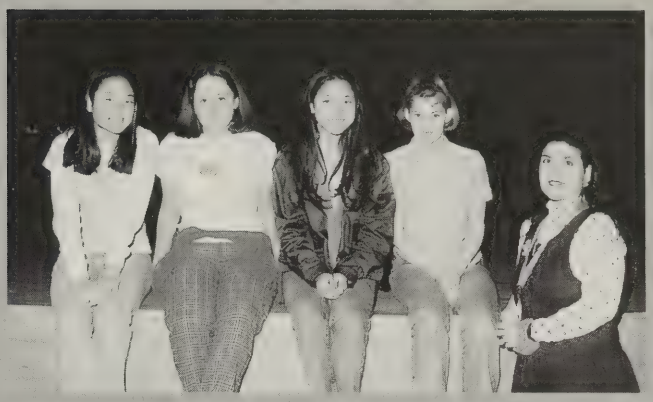
Drama Club:
Front- Cristina Manno, Emily Dahlkamp, Natalie Murray, Ginnie Seger, Kristina Arnold
Middle- Dezarae Lawlor, Brian Fields, Sarah Giordano, John Kingman, Zac Monday
Back- Chris Monaccio, April Williams, Karina Kwiatkowski, Andrew Leyva, Tara Stafford



Let's take it from the top. Acting comes naturally to some people, but everyone has to learn their lines. Learning lines and preparing for plays took many students long periods of time to master. Freshman Beth Swanson and freshman Kirstin Cappara take the time to be prepared.

Wolverine Thunder! During the outdoor pep rally, the step team performs to get the crowd fired up for the upcoming game and dance. The step team also performed during basketball games, pep rallies, and tied for first place in a competition in March.



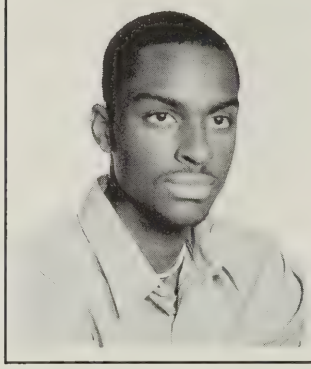


PAWS:
Kaycee Nakamoto, Wendy Nelson, Robyn Nakamoto, Stephanie Fisk, Ms. DeToll

Step Team:
Front- N. Brown, W. Ward, A. Speight, A. White, L. Johnson, G. Sprove, C. Robinson, N. Hare, R. Wayne
Middle- C. Williams, G. Sprauve, J. Speight, N. Stanton, M. Coffield, J. Paul, J. Adams, K. Coffield
Back- J. Toney, H. Williams, N. Bundrant, J. Speight, G. Curry, M. Austin, S. Durham, M. Weatherington, J. Brown, Y. Rahman, M. Abousaleh

Sushi anyone? The anime club did more than just watch videos, they learned and studied the Japanese culture, too. They also cooked Japanese food as a project. They cooked Tempura, yakatori, and sushi. Sophomore Katya Brodowski and sophomore Jenn Simon learn how to form rice balls.

Aaron Biscombe



Happy is the man who finds wisdom, and the man who gains understanding.
Prov. 3:13
Congratulations and best wishes.
Mom, Dad, Terrence, Adrian and Uncle Clifton

Brian Chapman

We are proud of you. We love you! We wish you success in all that you do. Remember, we'll always be there for you.
Love,
Mom, Dad, and Mark

Deborah Blatchford

Niki, you were an adorable little girl with stars in your eyes. And you have grown into a beautiful young woman who knows what she wants.

We are so proud of you.

CONGRATULATIONS
We Love you!

Dad, Mom, Katie
John and Ashley

Lauren Boatwright

From **girl...**
... to **woman**

You've never ceased to amaze us. Always remember that the world is yours to take!

Congratulations!

Love
Mom,
Dad,
and Philip

Congratulations John Boothe

John: Congratulations! We are excited for all that is ahead for you, and know that you will excel in your chosen career. Just remember what you always used to say: "I have the power! The power of Grayskull!"
Love, Mom and Dad

Molly Bostelman

We loved you then
We love you now!

Wishing you only the best in your future.

Love
Mom and Dad

Natalie Brito

Congratulations Natalie
and good luck at UVA!
We are very proud of you.

Love,
Mom, Dad, Alex and Monica

Jacqui Capriglione
2001

We wish you success in all your future endeavors.
We will always support your decisions and beliefs. You are our pride and joy.

With love from
Mom, Dad, Bear and the Boys

Jon Cerny and Jake Griffits

Jake and Jon...We were proud of you then, and we're proud of you now.

Love,
Your Families

Dale Colona

I'll love you forever
I'll love you for always
As long as I'm living
My baby you'll be.
With so much
love and pride,
Mom, Tim, Erica, Jolene,
Chad, and family

Kelly Bernier

Congratulations Kelly,
We are all very proud of you. You have grown into a beautiful and extremely talented young lady. Continue to follow your heart and you'll certainly find success and happiness in all you do.

We all love you very much.

Mom, Dad, Ryan and Patrick

Justin Crone

Congratulations!
We're so proud of you.

(You always were a character!)

Love, Mom, Dad, Kyle and Casey

Jackie Dahlkamp

Congratulations Jackie!
You'll always be our shining star
and giddy girl!!

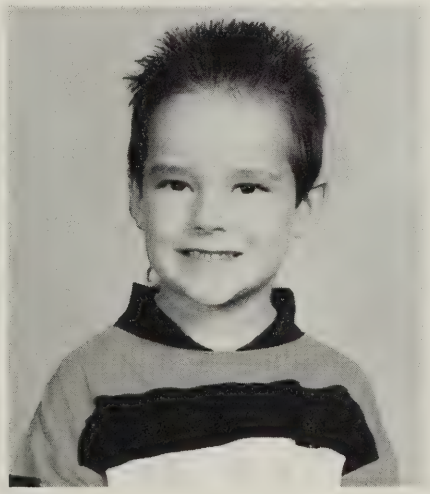
Love and kisses,
Mom, Dad, Emily and Sadie

Shannon Donlan

"Imagination is intelligence having fun."
-Anonymous

The world is yours, Shanny!
Love, Mom, Dad and Brian

Josh Foster



You are a blessing in our lives!
First as a boy and now as a man-
You fill our hearts with love and joy!
Congratulations!!
Hugs and Kisses,
Love Your Family

Mike Greene

Good luck Mike!
Love Dad, Mom, Dan and Pat

Kawanis Renee' Coffield

Dream big and always remember the good times. You are an incredible example to all who know you. We love and adore you.

Dad, Mom, Miya and Tareva

Ephesians 6:10-20

Amanda Burks

Congratulations to our very special daughter,
Love, Mom and Dad

Crystal DiRosario

For today, we wish you joy
For tomorrow, we wish you success
For always, we wish you happiness.

We are proud of you!!!
Love - Mom, Ken, Felicia, Jimmy,
Dad, Sue, Guy, Taylor
and Brooke

Christina Marie Carmon

Sister

Daughter

Champion!

Congratulations on a remarkable, memorable journey. You have blazed a trail that dreams are made of. We are truly proud and honored of what you have accomplished. God's speed and good luck as you continue your journey in life.

Much love and success.
Dad, Mom, Jessica and Katherine

Jenn DiCristina

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

- Raph Waldo Emerson

Dearest Jennifer,

You are our pride and joy. We have had the privilege of bringing you into the world and watching you grow into an intelligent and beautiful woman. Remember, we are always behind you 100% and we'll always be there whenever you need a shoulder to lean on. We love you always and forever.

Mom, Dad and Ryan

SCA 2000 - 2001 Memories

Congratulations and Best Wishes to Our Seniors,
Lauren, Amy, and Joe!

Anthony Fabre

I frown my eyes,
I pucker my lips,
I hold my tube of Chapstick.

My brother stands,
My brother smiles
As we wait with slapstick.

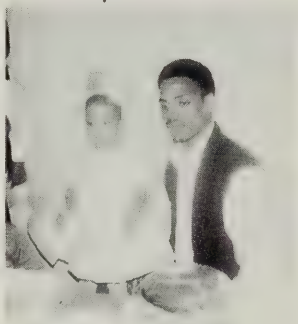
Carly Hatcher

Congratulations on a successful senior year.

Best of luck in all your future endeavors. Keep smiling. The best is yet to come! Love, Mom and Dad Rachel, Jacquelyn, and Lucas

Raquel Hill

Party Girl Then



Always "The Lady"

Party Girl Now

Ashley Hall

Dear Ashley,

We are so proud of you! Congratulations for achieving an outstanding high school experience. As you continue to make wise choices, remember God's love will see you through each day. Thank you for being a loving daughter and sister.

Forever grateful,

Dad, Mom and Tim

Joy Doggett

We are proud of you! Believe in yourself and your dreams will come true.

Love, Mom, Kevin and Paul.

Joe Dwyer

"Fortune is a prize to be won. Adventure is the road to it."
- O. Henry

Congratulations, Joe!
Love,
Your Family

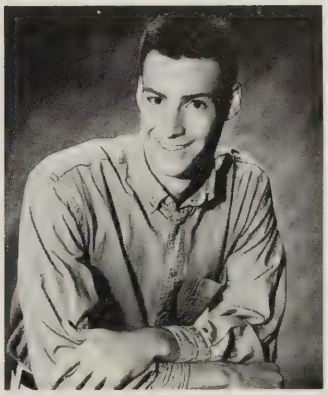
Nate Lanham

Where has the time gone?

Congratulations Nathan!

Hold on to your dreams.

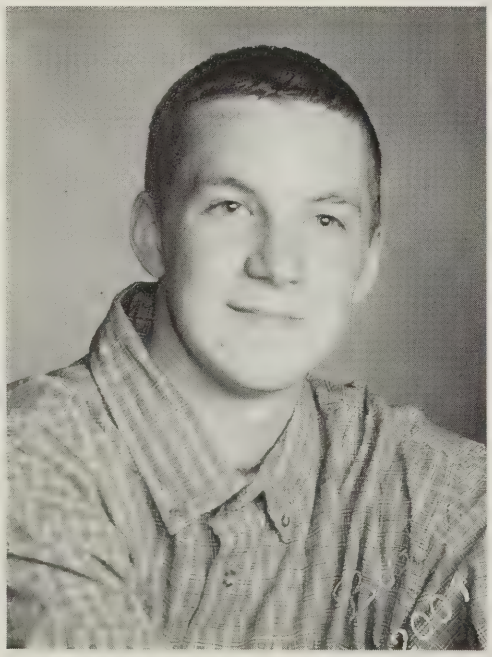
Love,
Dad, Mom and Whitney



Dan McCleese

Dan, as you continue to build on your future, remember how proud you have always made us...Mom and Dad.

Bobby Miller



Wherever you may go
Whatever you may do

Always remember
We'll be very proud
of you.

Love forever,
Dad, Mom, Kristy,
Andy

Ivan Jenkins

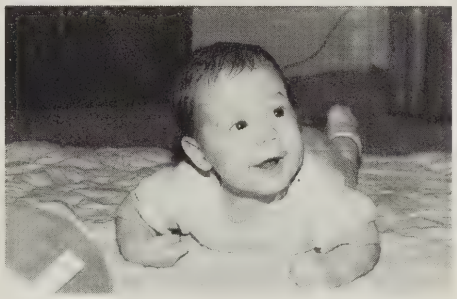
We watched you excitedly at birth, we celebrated joyfully at graduation. Now as you fly out of the nest soar high dear son, with great expectations.

Psalm 121: Look to the Lord for your strength.

Eddie Larkin

Dear Eddie,

The years have passed so quickly as we watched you grow to the young man we see before us. We are very proud of you and your accomplishments. As you step into adulthood, always stay the strong, loving son and brother we love.



Congratulations Eddie!

Love always,
Mom and Dad
Karen,
Maureen '98
and Joseph '02

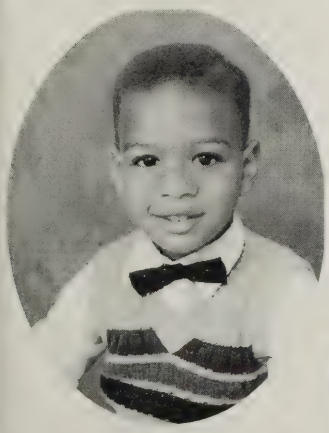
Rick Perry Jr.

Rick, YOU were born for such a time as THIS!!! The best is yet to come! You are a true "Blessing!"

Love - Dad, Mom, Keoni & Jazmine

"Trust in the Lord with all of your heart"...

Proverbs 3:5-6



Meghan Leeds
"Boo"

I hope you find joy in the great things in life -- but also in the little things. A flower, a butterfly, or a chicken!!! Thank you for showing me when I thought my mothering days were over, that the best days between us are only just beginning.

Love, Mom

Erin Fitzgerald

Time flies..... I remember when. It's hard to believe that its time for another graduation. You make me so proud!

Love, Mom

Jen Mitchell

This is Jennifer, my first born, the extension of myself. As a father, I can truly say that though I thought I knew what love was, I never knew what true love was until you came along. You are myself, and in you I think all things are possible, and in you I know that all my dreams for you will come true.

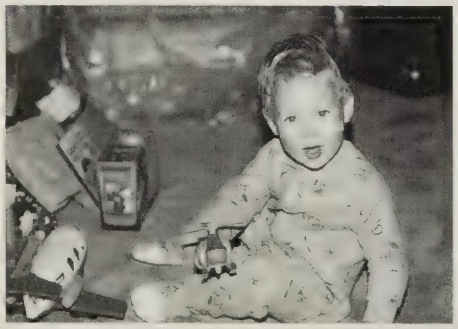
Love,
Dad, Mom and Matt

Don Mills

Don (Buddy), your family is very proud of you. It's hard to believe you are graduating. We wish you the best of luck in everything you do. Hugs and Kisses.

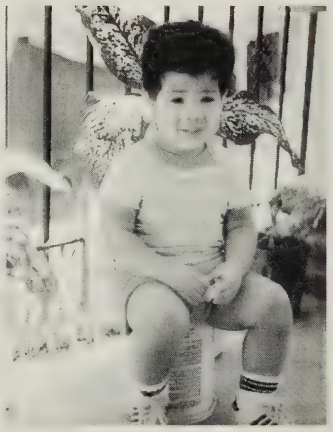
Love, Mom, Dad, Nana and Heather

Nick Misyak



Congratulations! We are very proud of you.
Love,
Mom, Dad,
Aaron and Peter

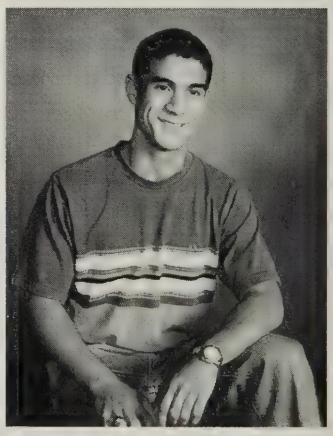
Alberto J. Medina



Congratulations!

You have made us proud.

Love,
Mami, Papi, and
Alejandro



Jason Mosley & Erin Fitzgerald

Jason and Erin Marie -
Kindercare pals - who would have thought it - kissing cousins - wind up graduating high school together! We're so proud of both of you--
Best of Everything in the future -
Love Grandma and Granddad

Wendy Nelson

Our dearest Wendy,

Congratulations! The fun begins as you step into the next phase of your life. May your heart be full of love, your life be full of treasured moments, and your tub be full of scented bubbles!

Our love always,
Mom and Dad

Lauren Parker

Our "Little Lauren"
There are so many things
we want for you,
so many wishes in our hearts
as we watch you grow in your own life
and leave your childhood behind...
We wish you the strength
to face challenges with confidence,
along with the wisdom to
choose your battles carefully...
We wish you a world of
adventure and experience,
and also the serentiy that
comes from listening
to your inner voice
as the world rushes around you...
We are all very proud of you
Dad, Mom, Evan and Nate

Amy Savarese

Congratulations to a wonderful daughter and sister.

Dream your dreams. Live life to the fullest. Trust in God. We love you and we are so proud of you.

With Love
from Mom,
Dad, Frank,
Matt and Mary

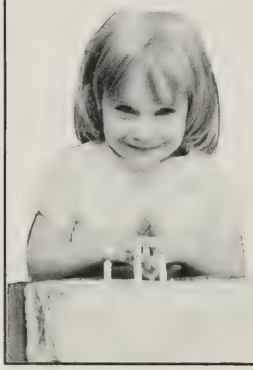
Shauna Seville

Shauna -
Our sweet, beautiful little girl! You've grown into a gorgeous, sweet, smart young lady. We are so very proud of the persons you've become. Your heart, focus and sense of humor are just a few things that make you such a fun person to be around. The world really is yours for the asking. You are the best daughter and sister any parent could ask for. How blessed are we! Stay true to yourself. We love you. Mom and Dad.

Stephanie Ann Walton

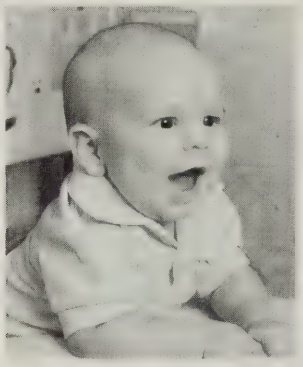
The sun has set. We made it through The Beauty and The Beast years! And you're still alive. Before you were born I claimed Isaiah 41:10 as my scripture to help me through my first labor, raising of my first child, and of being a first time mom. It helped me to know that God was with me, helping me. has helped me to raise you to be a responsible adult. Now I pass it on to you. My precious gift from God. To God be the Glory! Onward Christian Soldier. ~ Mom

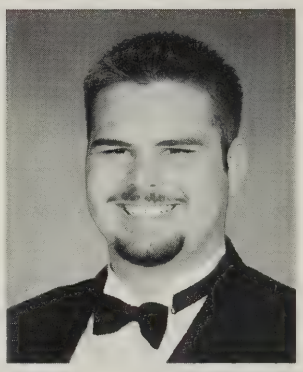
Stacy Way



"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity."
1 Timothy 4:12
Stacy, We love you and are very proud of you. May your journey in life be in the Light of Christ.
Love, Mom and Dad

John Sawyer





Congratulations John! You have already accomplished what many adults have yet to achieve; the love of your family and the respect of your peers. You are so wonderful, and it is with great pride we call you our son.
You are destined for greatness, because you truly believe in faith, family, and friends!
We love you,
Mom, Dad and Amanda

Billy Schlotter

Congratulations son! We are very proud of your many accomplishments and wish you a happy successful life!

We love you!!
Dad and Mom

Mary Whitlow

"All that is gold does not glitter, not all who wander are lost, the old that are strong do not wither, deep roots are not reached by the frost." ~J.R. Tolkien

Mary,
May all your days be filled with love, fulfillment, and peace. You are a young lady of grace and tenacity. We love you and are very proud of who you are and all you have accomplished.

Love,
Dad, Mom and Allen

"Arise, shine." Isaiah 60:1

Kate Waldhauser

Do not stop thinking of life as an adventure. You have no security unless you can live bravely, excitingly, imaginatively.

Eleanor Roosevelt

Thank you for always making life an exciting adventure. We are proud of you and your many accomplisments.

Love,
Mom, Dad, Amy and Mark

Robby Sheehan

Robby, you warm our hearts with love and pride.

Love Mom, Dad and Kellen

Caitlyn Steining

Be strong,
Be intelligent,
Be kind,
Be bold,
Be charitable,
Be adorable,
Be sophisticated
Be a leader,
Be your own person,
Be yourself,
Be sure to know that your parents will love you no matter what you choose to be.
We are so proud of all you have accomplished and the person you have become.

Mom and Daddy

Ashley Speight

To Ashley,

We are so proud of you. You have come a long way. From the first time you donned a cap and walked across the stage, we knew it was just the beginning. May the Lord bless you and keep you on the path to success. remember to keep your head up. Love, Mom and Dad

To Ashley,
Our first grandchild to graduate. You have made us proud. May the best life has to offer follow you always. Love, Ma and PopPop

Katie Lucille Thomen

A bombshell personality from the day you were born, and not enough hours in the day to do everything that fascinates you. The world is awaiting your input. Go for the GOLD Katie, and have fun getting there.

Love,
Dad, Mom, Jay and Erin

Anna Leigh Willard

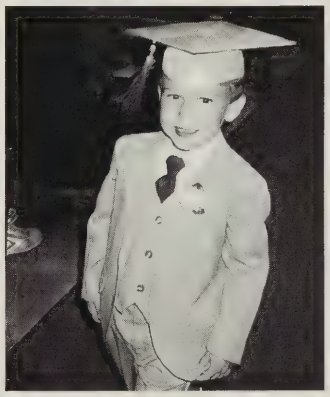
Congratulations Anna!

Ever since kindergarden you have worked so hard for this day! We are very proud of you!

With all our love

Mom, Dad, Jason and Meggie

Jeremy Crist



From your first graduation at NSHS to today, your intelligence, humor, and kindness have delighted us and filled our lives with wonder and joy.

We love you!
Mom, Dad and Jen

Brock Scott

"That's my son, Brock"
Here we are, you're about to embark on the adventure of life. Being your father, the head coach, I know that you'll face the future with a winner's attitude. You hear the phrase, "Attitude is everything." Well, I believe there is a lot of truth in that phrase. With a winner's attitude and a winning spirit, you'll be able to face the uncertainties of the future on a positive note. Brock, you know with all the victories in life there may come an unfortunate loss. The real winners in life, when knocked down, stand right back up. Son, I'm not going to be by your side all the time. When you need me, just stop and listen. I'm the one in the stands with the loud voice yelling, "That's my Son, Brock."
Habakkuk 3:19 "He makes my little feet like the feet of deer; He enables me to go onto new heights." Brock, I'm very proud of you and love you dearly.

~Your Dad

My little man Brock,

I can't believe it's time for my little man to leave home and go away to college.

Brock, I'm so proud of you. As I think back on the wonderful memories I hold in my heart of you, I'm filled with awe that God would bless me in such a mighty way through having you as my son. If I had the chance, I'd relive the last eighteen years again, just so that I could cherish each moment with you. (You'd get a lot more hugs and kisses from your "Mama.)

Brock, my prayer is that you'll always keep the Lord #1 in your life. God is present in all our experiences of life to offer help, counsel, and guidance. He is the true joy giver. Psalm 16:11.

Brock, I love you very much. Remember, wherever you are, I'm right there with you. And you, my little man, are forever in my heart. I love you.

~ Mom

James Whaley

12-29-84
11-01-00

Member:
North Stafford High School
Marching Band and
Environmental Club

FOREVER IN OUR HEARTS

Jim and Laura Whaley - Grandparents
Charles and Shannon Whaley - parents
Carl R. and Jacob Whaley - brothers
Angela Whaley - sister
Carl E. and Maria Whaley - Aunt and Uncle
Richard and Elyvabes Aguillar - cousins
Babara Berkery - Aunt
Bridgette and Laurinda Berkery - cousins
Great Aunts and Great Uncles

Megan Tunney

Wisdom is the right use of knowledge.

To Megan Claire,
We are so proud of you!
Love, Mom, Dad, Erin, Kris and Thomas

Blake Gauthier

We are very proud of the young man you have become. Remember first, your family.We love you so much.
Your family

Melissa Connors

We love our princess and are very proud of you.

Proverbs 3:5&6

Dad, Mom, Noelle and Jesse

Congratulations Flashback Seniors

Stacy Way: May you never lose your faith or your passion. Thank you for a fantastic year!
Jeremy Crist: May the Force be with you and may you never end up as Coran. I will miss you. You made my first two years fun.
Jenn DiCristina: "I hope you dance" You are such a wonderful person. Never change.
Jacqui Capriglione: Thank you for helping me find a fraction of your passion for photo. and for being a wonderful student - and friend.
Mary Whitlow: I wish you all the best. You are one of THE best.
Kate Waldhauser: Never lose your laugh. As long as you can laugh, you'll be fine...
Megan Tunney: Thank you for your patient and kind heart. All the best.
Valene Evans - Good luck in Pharmocology school.
Jen Mitchell - Thank you for a great year!
Megan Bieber - Good luck next year!
Caitlyn Steining - Congratulation on Miami. Keep smiling and dancing!
Ashley Hall : Never lose your smile or warm heart.
Emily Kulbeth: Thank you for your sense of humor and the talks. Best wishes next year.
Alberto Medina: Good luck and avoid Die-Quick.
Molly Bostelman: "B" Believe in Jesus..thank you for your songs!!

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Flashback 2000 - 2001

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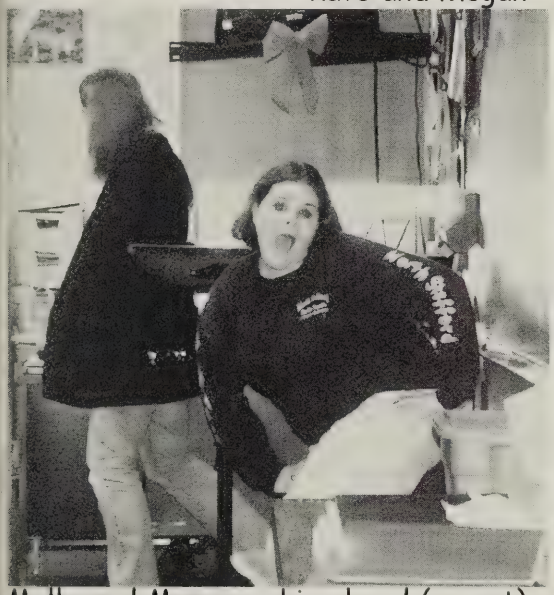
Volume 20 of the North Stafford Yearbook, Flashback, was printed by Herff Jones, Gettysburg, PA. The 255 pages were printed on #80 Glossy paper. The cover is two thirds maroon and one third white. The book theme, "There's No Wrong Way," was created by Jeremy Crist, and the cover was designed by Jeremy Crist and Stacy Way (so get over it). The book was created on five IBM compatible computers, and a really nice "laser" printer. Aldus Pagemaker 6.5, PageMaster, and Microsoft Word programs were utilized to create the book. All black and white photos were shot, developed, printed and approved by the staff. We have good taste. Body copy, captions, and folio tabs are typed in Comic Sans MS, and headlines are typed in Brush Script MT and Verdana, but do you really care? 22 students attended the Gettysburg Yearbook Experience Plus at Gettysburg College, July 16-20, and had a great time. Ashley Hall, Emily Kulbeth, and Caitlyn Steining were nominated to be Director's Assistants next year. Lindsay Simpson received an award for most improved designer, and Caitlyn Steining won an award for excellence in photojournalism. The staff would like to take this opportunity to thank: the administration, staff and students of the school, particularly Mrs. Robinson, Ms. Darnell, Annette Rollyson and Gayle Price of Herff Jones, Mr. Johnson, Mr. Stemple, Mrs. Lowry, Mr. Matheson and Mr. Philips. Without the support and help of these people, you wouldn't be reading this right now. No monkeys were harmed in the creation of this Colophon. Wait, except for Mr. Peepers. But that's another story all together.

Jeremy Crist Where's the remote? Do you really think they're too big? I am the monkey. It's a BEAUTIFUL DAY! Click, click, clic G.D.I.S. **Stacy Way** Molly, do the robot. Megan, where are you from, planet loser? Jen, only ten more minutes. **Jenn DiCristina** Wa to lose the remote, Jeremy. Katie, you're supposed to be putting up the Xmas lights, not table dancing! **Katie Walters** Well, Jenn tabl dancing is my speciality. It's a beautiful day! Yearbook is not a democracy. Two words: Heath Ledger **Megan Tunney & Kat Waldhauser** Who's my fiendish elf? 5=2f thanks to 1600 boy. On the Canada border!! Deadlines don't apply to sports. Tige Woods...fru fru pens feel nice. No bow for us? Cooking lesson, anyone? Outcasts for life! **Jacqui Capriglione** Would you quit doin that! Where's Jessica? What filter are you using, well do it again-Mrs. R. I need to talk to you. Do you have my PO? **Jessica Loy** Shhh it is our little secret! MAN! Wud up to my dawgs Emily and Heather. You know why they call it a dark room, right? **Mary Whitlow** I you don't have anything nice to say, just don't say it in English. Molly, you just had to ask, didn't you? Please tell me it's not Wednesda **Megan Bieber (Ledger)** For reference, Kristina goes to my old dance studio! Stacy, as opposed to planet look at me, look at me!! **Adai Dunn** It be crazy. This year was tight. 2003 NYC Jiggaman Pimpdaddy-A Nsplayer West Side!! **Matt Mitchell** Just for futur clarification, Adam is white. And I AM NOT Adam. Jason, don't try to dance, for your safety and ours. **Lindsay Simpson** I don't hav anything important to say, as usual. Class 2003 rocks! **Heather Ruth** Shhh, it is our little secret! Wuz up to my "dogz" Jessica an Emily. Yes Jessica, I will make out with you!! **Stephanie Fisk** Vay, that jacket is so unattractive! Just playin. **Emily Kulbeth** Shhh it is our little secret! Hey guys, how was your day...Jessica, you know I can't get it done by then; Heather are you done? **Sarah Budowl** I have to give a shout-out to Val from her self-appointed best friend, tell CoCo "save me! save me!" **CoCo Walters** How come Emily an me are always the ONLY ones?! Yes, Sarah, I checked you in! All dust spots courtesy of Em and CoCo. **Alberto Medina** The man in th dark room. **Kristina Palangi** Hey, Christina, K is the best way to spell it!! Megan B, will you stop complaining! **Kristina Arnold** The way is the best way! Ch is so unoriginal...Well, year was fun, but next year will be better. **Caitlyn Steining** OK Emily, I won't grab you hair. Thank You! Ashley, lets do our stats. I need help, guys. Don't worry Jen, Friday will come soon. **Christina Stevens** Kristina I will get you a peach crayon! Ch is the best way to spell it! **Jen Mitchell** Mary, I'm bored, I guess I'll play solitare! Caitlyn, I'll com see you-can I borrow something to wear? **Molly Bostelman** Oh sweet baJesus I love this class! Mary, I'm the boss!! Valene, go pu these in mailboxes. **Valene Evans** Stephanie, uh! This is so unattractive! Molly, sure I'll put them in the mailboxes. Jeremy, wanr fight? **Jason Fullerton** It's okay Jessica, I can breathe, and I can break dance! Alberto, no more broom handle, I got splinters and hurts to sit! **Drew Cline** Jenn, I am not Stacy's BM, she has Geometry Man for that. I am not a Russian spy. God bless America. **Ashle Hall** Well, I don't know what to say...it's been fun! And don't worry, I'll color everyone a picture! **Lauren Ayres** Molly, I love you! Ah help I can't think. Hey Steph, let's go get quotes. Valene help me think. Jessica, we're night riders. **Mrs. Robinson** No Jacqui, it isn done. Jeremy, *I* have the remote. *Waves the feather pen fiendishly.* Stress balls for everyone! Breathe Jason. Patricia, my camera broken! **Patricia Arans** I don't want your sympathy, I just want to sit down. Jacqui, I'm not humming, you're hearing it in your hea

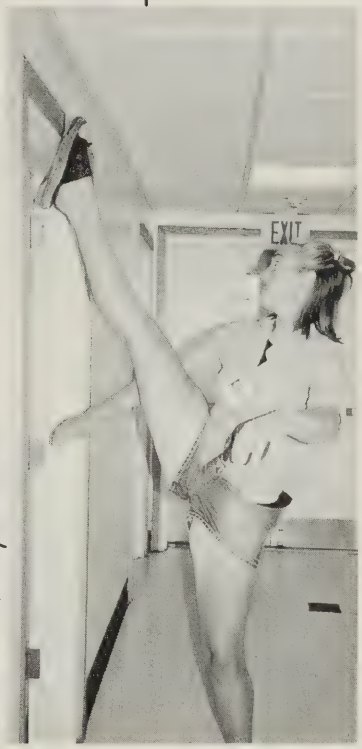
Kate and Megan - the inseparable sports editors.

Jeremy & Stacy: a love-hate relationship.

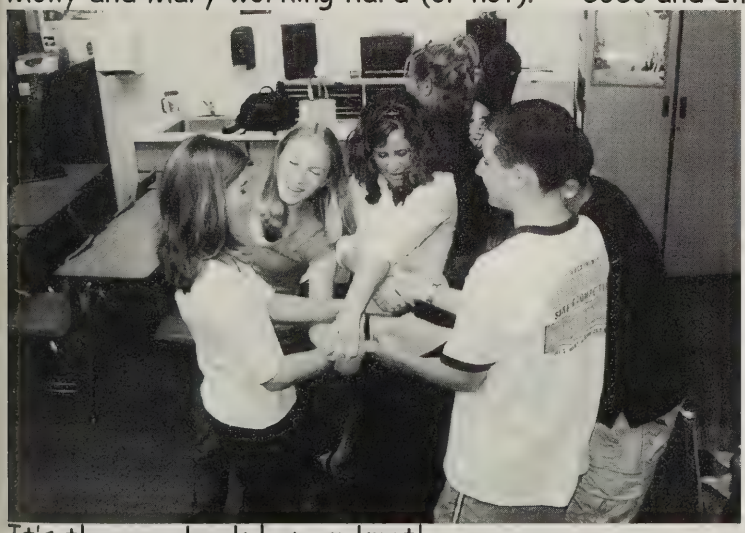


Molly and Mary working hard (or not).

CoCo and Emily - BIG smiles!!



Katie- as if anyone else could do this...



It's the yearbook human knot!

Heather and Jessica- the best of the best!

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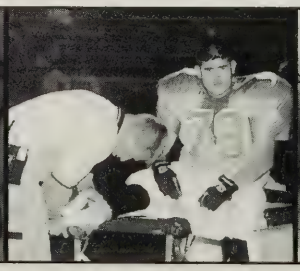

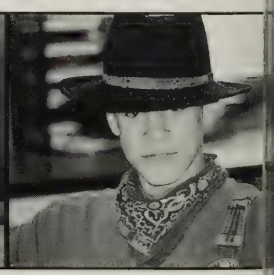

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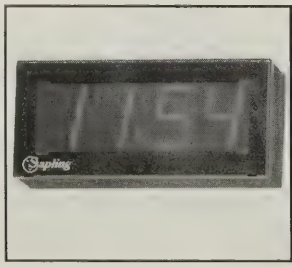

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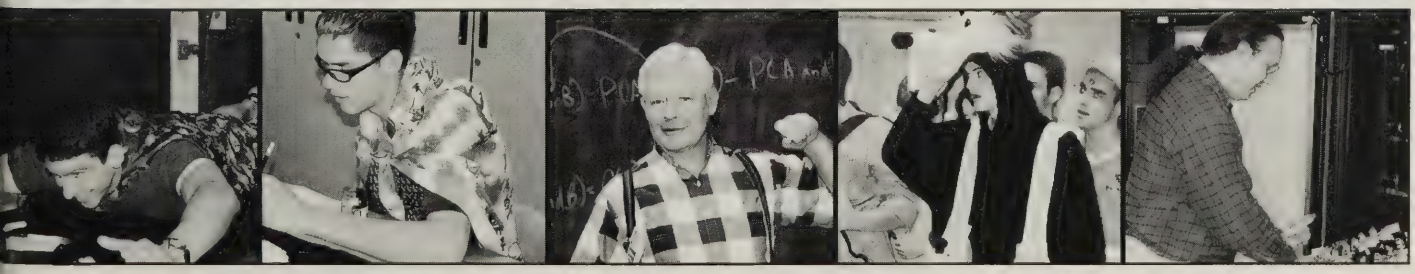


Aloha At the end of Spirit Week, senior Jose Reyes-Guizzar leaves the school behind him. For seniors, the last day of school marked the end of their adolescence.

The End at Last The school year is similar to a cross country meet - participants can't wait for it to be over. Runner of the Year, junior Kristin Shyring crosses the finish line, in first place again.

There's No WRONG WAY

The end of the year. It was finally here. We looked back on our memories of clubs, classes, sports and friends. Some were good memories, others were not. But all in all, it was another year of high school that will never be forgotten.

The class of 2001 left the school with mixed emotions. They looked forward to what was to come. Would there be college in the future?

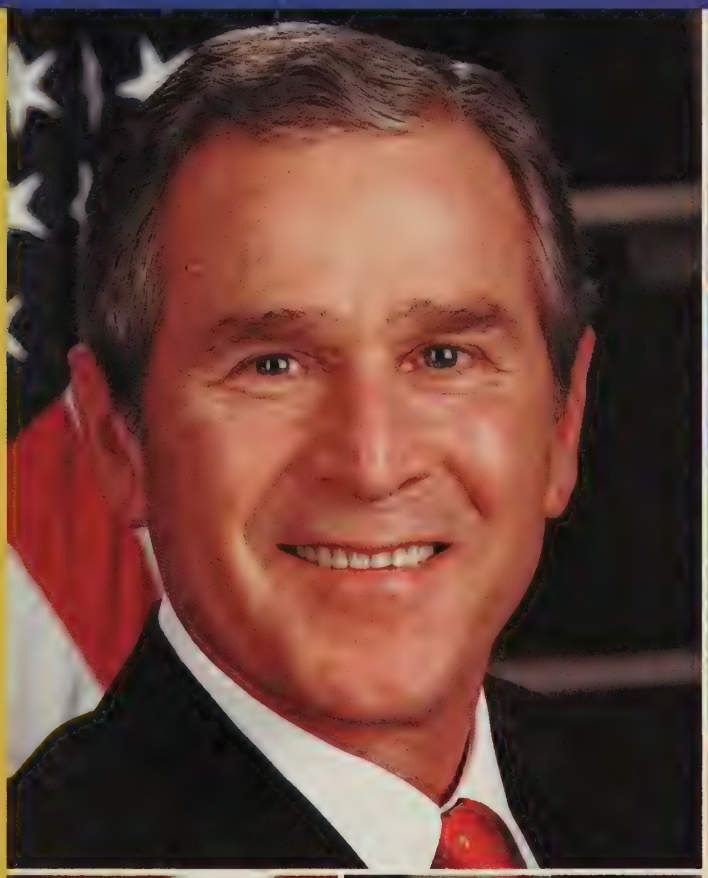
The juniors left eagerly, finally becoming seniors. The class of 2002 rose and assumed its position graciously.

The sophomores and freshmen left ready for a summer of fun. Finally, three months without school work.

No matter how all this came around, the students remembered one thing: THERE'S NO WRONG WAY.

world yearbook

2000-01



Year in Review

world events

susana gonzalez/newsmakers

Recently-elected Mexican President Vicente Fox is restoring citizens' faith in the Mexican government. He vowed to clean up the crime, poverty, and corruption that faced his country and enjoyed a 70 percent approval rating in recent polls.

Concorde crashes. A Concorde aircraft crashes in flames north of Paris in July. Investigators believed a strip of metal debris on the runway punctured a tire and started a fire in the fuel tanks that caused the crash that killed 113 people.

david silverman/newsmakers

Ariel Sharon ousts Prime Minister Ehud Barak in a February 6 special election for Israeli prime minister. Sharon won the election by campaigning to bring "peace and security" to Israel.

Estimates claim that as many as a million people are left homeless and thousands dead after an earthquake strikes northern India in January 2001.

us navy/newsmakers

The USS Greenville mistakenly hits and sinks the Japanese fishing vessel Ehime Maru while 16 civilians are aboard the sub. Nine people, including four 17-year-old students, die in the mishap.

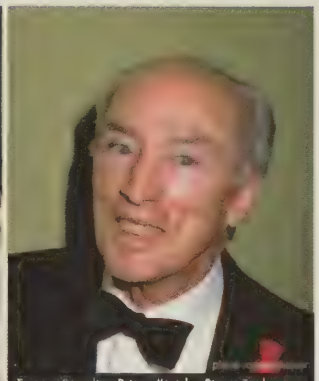
larry mayer/newsmakers

As a result of the hot, dry summer, thousands of wildfires break out in the western US burning millions of acres of forest as well as hundreds of homes. The fires were so intense at one point that the state of Montana closed its borders to tourism.

COVER PHOTO CREDITS: Bush, White House/Newsmakers. Destiny's Child, Chris Weeks/Liaison. Aibo dogs, Hironori Miyata. Earnhardt, Robert Laberge/Allsport. The Grinch, Melinda Sue Gordon/Universal Studios/Newsmakers. Malcolm, 20th Century Fox/Online USA. Razor scooter, Chris Hondros/Newsmakers. Gore/Lieberman, Mark Wilson/Newsmakers. Woods, Donald Miralle/Allsport. J.Lo and Puff Daddy, George de Sota/Newsmakers

After seven months and many court battles, Elian Gonzalez and his family return to Cuba. Found floating off the coast of Florida, Elian had been in the middle of an international custody battle to determine whether he should stay with relatives in the US or his father in Cuba.

Firestone tires are blamed for more than 170 traffic deaths and the company is forced to replace more than six million tires in a massive recall.



Former Canadian Prime Minister Pierre Trudeau dies in January at 80 years of age. Trudeau was Canada's prime minister from 1968 until 1979, and again served from 1980 until 1984.

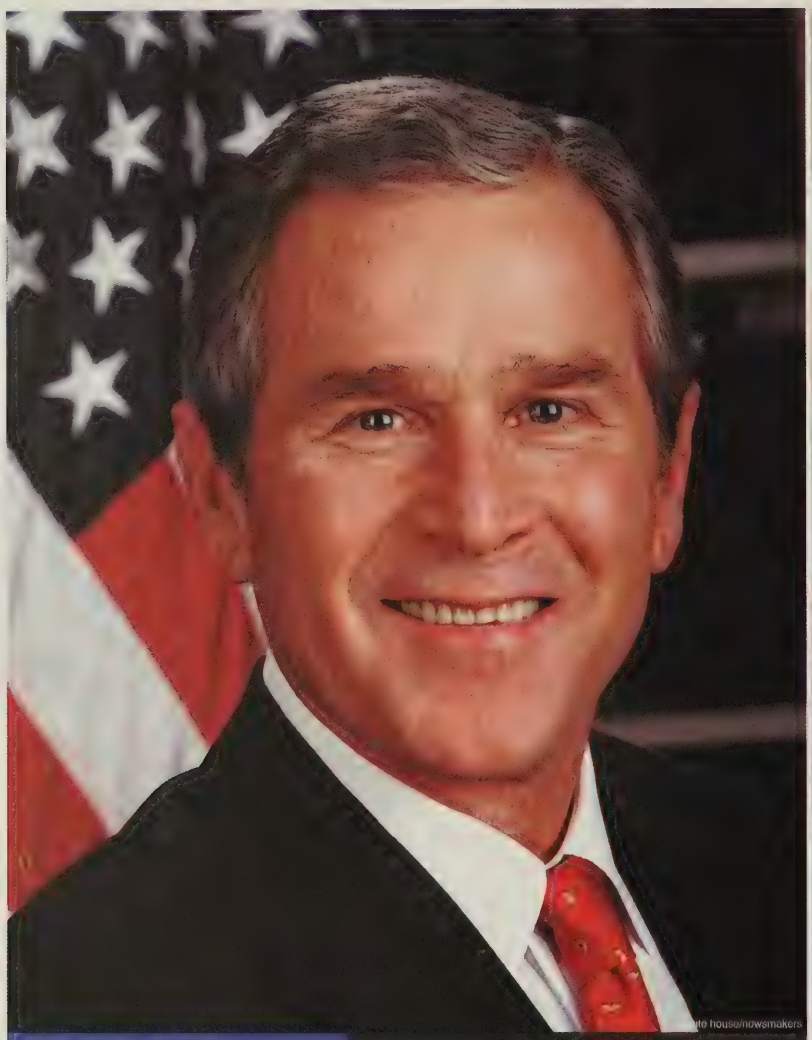
An explosion rocks the Russian submarine Kursk in the Barents Sea on August 12 killing the entire crew of 118. A week after the explosion, divers reached the rear hatch of the sub but found no survivors.

An apparent terrorist attack on the USS Cole while in port in Aden, Yemen, kills 17 sailors and wounds several. The attack blew a hole in the port side of the ship.

Newly-elected Yugoslavian President Vojislav Kostunica speaks to over 400,000 opposition supporters from the balcony of city hall as protestors take over the Federal Parliament building and set the state television station ablaze.

The battle of two couples that used an online adoption agency to adopt twins continues. The Kilshaws from Wales and the Allens from California both claimed to have adopted the same set of twin baby girls.

A major earthquake strikes the Seattle area on February 28. The quake, with a magnitude of 6.8, was centered approximately 30 miles southwest of Seattle. Many buildings had structural damage, but there were relatively few injuries and no deaths.

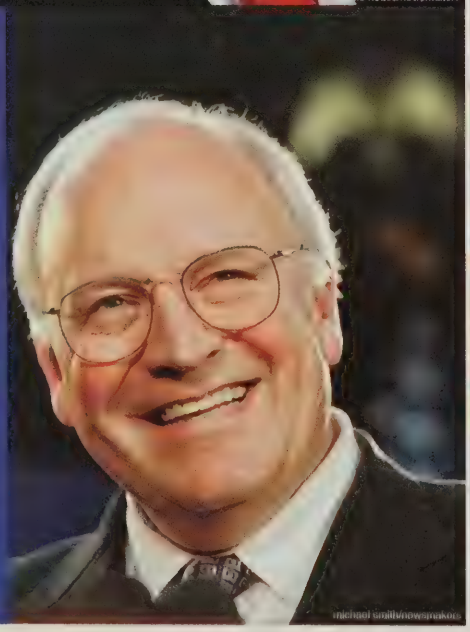


Election 2000

George W. Bush selects Dick Cheney, former Wyoming representative, and former secretary of defense as his vice presidential running mate on the Republican ticket.

The 2000 presidential election was in many ways decided by not just the voters but the courts. Five weeks after election day, the US Supreme Court blocked Al Gore's request to have disputed Florida ballots recounted. George W. Bush and Dick Cheney won the election after being awarded Florida's 25 electoral votes.

Antiquated voting methods in this age of technology threw the presidential election into turmoil. Punch card ballots and the accompanying "Votomatic" system were first created in the 1960s. Disputed ballots had chads, or paper fragments hanging from the punch card that made it difficult for voting machines to read the ballots.

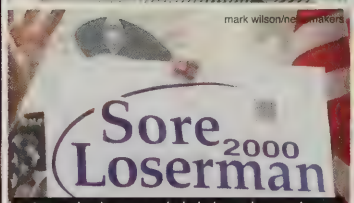


michael smith/newsmakers

Painstaking manual recounts are performed by several Florida counties.

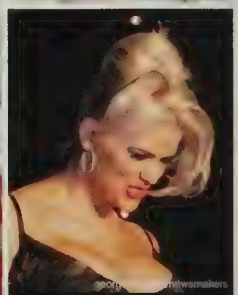
mark wilson/news

Denise Rich, friend of Bill Clinton and ex-wife of fugitive financier Marc Rich, is under suspicion for contributions to the Clintons that might have influenced the pardon of her ex-husband.



mark wilson/newsmakers

As Gore and Lieberman contest election returns, voters respond negatively to the lengthy battle.



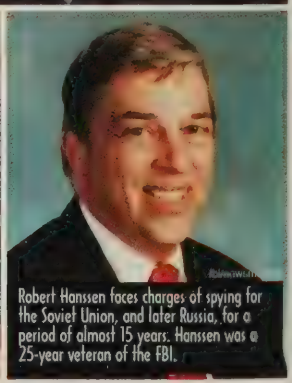
Former wife of Texas millionaire, Anna Nicole Smith is awarded $475 million from a California court. A Texas court overruled the California judge's ruling.

mark wilson/newsmakers

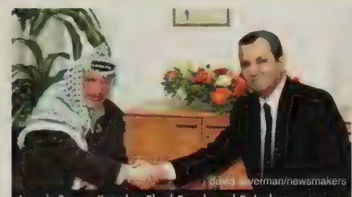
Al Gore chooses Joseph Lieberman, senator from Connecticut, as his running mate in the 2000 presidential election. Lieberman, though unsuccessful in the presidential election, was reelected to the Senate by Connecticut voters.

bill greenblatt/newsmakers

Missouri governor Mel Carnahan dies in a plane crash while campaigning for the US Senate. Wife Jean Carnahan was appointed to fill the seat won posthumously by her husband.



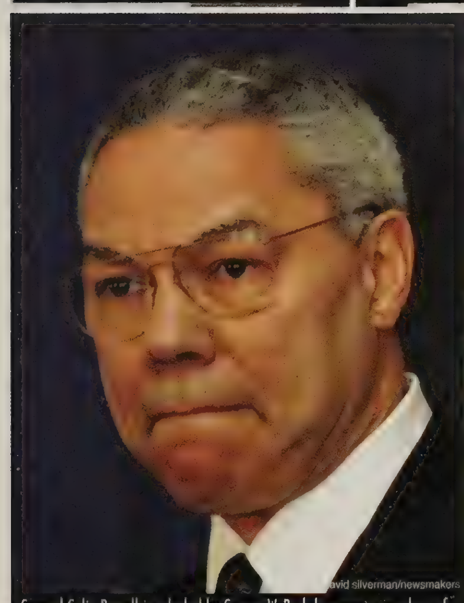
Robert Hanssen faces charges of spying for the Soviet Union, and later Russia, for a period of almost 15 years. Hanssen was a 25-year veteran of the FBI.



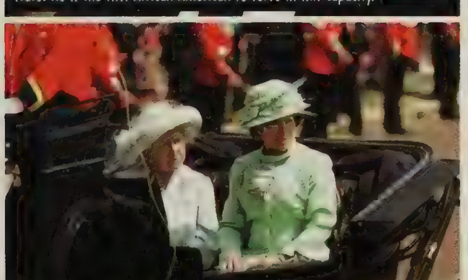
Israeli Prime Minister Ehud Barak and Palestinian Chairman Yasser Arafat hold peace talks. The talks stalled and violence erupted in the region.

Jesse Jackson asks forgiveness after revealing he fathered an out-of-wedlock child with a staff member of his civil rights organization.

Bill Clinton's presidential legacy appears clouded by several controversial pardons. He sets up his post-presidency office in Harlem, after negative publicity swirls concerning his plans to rent expensive office space in Manhattan.

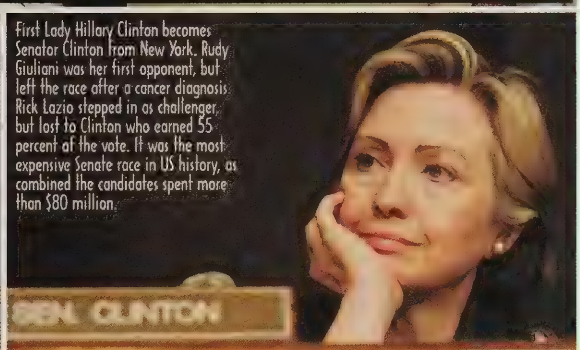


General Colin Powell is selected by George W. Bush to serve as secretary of state. He is the first African-American to serve in this capacity.



Crowds gathered in London to celebrate the beloved Queen Mother's 100th birthday in August.

First Lady Hillary Clinton becomes Senator Clinton from New York. Rudy Giuliani was her first opponent, but left the race after a cancer diagnosis. Rick Lazio stepped in as challenger, but lost to Clinton who earned 55 percent of the vote. It was the most expensive Senate race in US history, as combined the candidates spent more than $80 million.



© napster.com

A federal court judge orders Napster to remove copyrighted music from its Web directory. Record labels fight to shut down the service which boasts over 60 million users.

other news

Celebrating "the beginning of the end" of WWII and the men who led the invasion, the National D-Day Museum opened in New Orleans, Louisiana.

For the first time in its 208 year history, the US Mint misprinted a coin and released several Sacagawea $1 gold coins with the face of George Washington.

Senator Paul Coverdell (R-Georgia) died in a Georgia hospital one day after suffering a cerebral hemorrhage.

Vice President Dick Cheney returned to work after a visit to the hospital for a heart ailment. Surgeons reopened an artery that had been previously repaired with the same procedure.

As the stock markets and economic indicators slide, the Bush administration fought to pass a $1.6 trillion tax break that promised to jump start the US economy.

Holocaust survivor Leopold "Paul" Page, whose personal diary inspired the book and film "Schindler's List," died at age 87.

The son of Princess Diana and Prince Charles, England's Prince William celebrated his 18th birthday.

Sirimavo Bandaranaike, the world's first female Prime Minister died at age 84. She was from Sri Lanka.

John Cardinal O'Connor, New York's Archbishop, died at the age of 80.

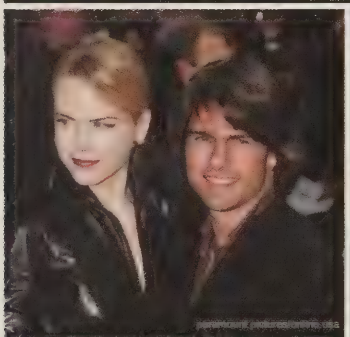
Author Robert Ludlum died at 73. His most popular novels included *The Bourne Identity*, *The Bourne Supremacy*, and *The Bourne Ultimatum*.

Controversial talk show host Morton Downey Jr., died of lung cancer at the age of 67. Downey pioneered "Trash TV" in the 80's.

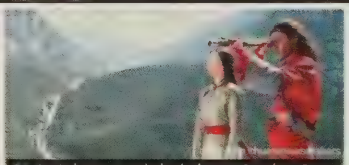
tv and movies

The political drama *West Wing* has a phenomenal year winning nine Emmys, a record for a show in its first season. Series star Martin Sheen also won a Golden Globe for Best Actor in a Drama Series.

Teen pop-drama *Felicity*, starring Scott Foley, Tangi Miller, Keri Russell, and Scott Speedman, sees a double-digit increase in ratings during its third season.



Hollywood is shocked by the split of the industry's golden couple. Married since 1990, Tom Cruise and Nicole Kidman blamed the failure of their marriage on the difficulties involved in divergent careers.



Ang Lee's stunning martial arts drama, *Crouching Tiger Hidden Dragon*, receives 10 Oscar nominations including Best Picture and Best Foreign Film.

Will and Grace takes home Emmys for Outstanding Comedy Series, Best Supporting Actor for Sean Hayes and Best Supporting Actress for Megan Mullally.

Teen sensation James Van Der Beek stars in the WB hit drama series *Dawson's Creek*. The show dealt with many sensitive teen topics.

Dark Angel, starring Jessica Alba, wins the People's Choice Award for Favorite New Drama Series.

Julia Roberts wins a Golden Globe and an Oscar nomination for her role as *Erin Brockovich*. She also starred with Brad Pitt in *The Mexican*.

Frankie Muniz continues to charm fans as a reluctant genius in the Fox comedy *Malcolm in the Middle*.

columbia pictures/newsmakers

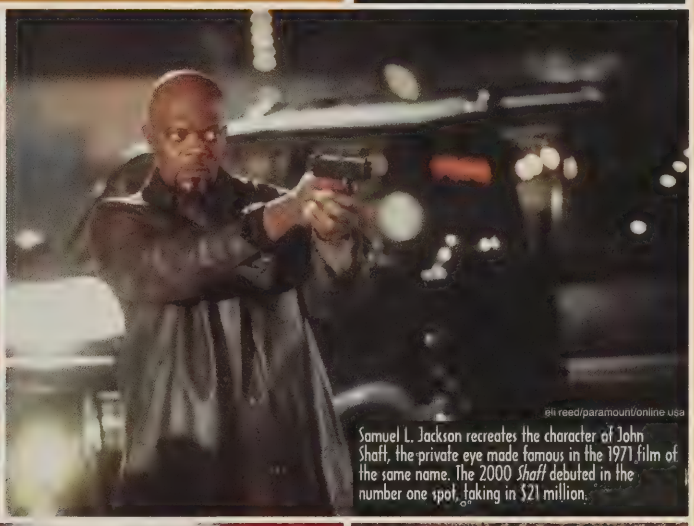
70's revival hits the big screen The box office feels the force of *Charlie's Angels* as the movie takes in $40 million on its opening weekend – Lucy Lui, Cameron Diaz, and Drew Barrymore personified "girl power."

dreamworks

Michael J. Fox leaves television to spend more time with his family and raise money to find a cure for Parkinson's disease. In his final year on *Spin City*, he won an Emmy, a Golden Globe, and a SAG award. His final episode aired on May 24, and 33 million viewers tuned in to say good-bye.

glen lipton/online usa

Jennifer Aniston and Brad Pitt marry in July 2000. The nuptials were held in Malibu, California and cost an estimated $1 million.

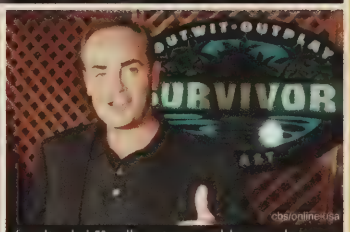


eli reed/paramount/online usa

Samuel L. Jackson recreates the character of John Shaft, the private eye made famous in the 1971 film of the same name. The 2000 *Shaft* debuted in the number one spot, taking in $21 million.

universal studios/newsmakers

A heavily made-up Jim Carrey brings one of literature's most famous characters to the big screen in *Dr. Seuss' How the Grinch Stole Christmas*. It was the biggest box office hit of the year, taking in more than $260 million.



cbs/online usa

An estimated 51 million viewers watch corporate trainer Richard Hatch outlast, outwit, and outplay his fellow *Survivor* contestants in the first season finale.

carolyn lotter/newsmakers

A wave of reality-based shows like *The Mole* (above), *Big Brother*, and *Temptation Island* gain popularity.

other entertainment news

Mob drama *The Sopranos* was the highest rated program ever shown on HBO. Star James Gandolfini won an Emmy for Outstanding Lead Actor in a Drama Series.

Broadway's longest-running show, *Cats* closed after nearly 18 years and a record 7,485 performances.

Scottish actor Sean Connery, star of seven James Bond films, was knighted by Queen Elizabeth.

Mission Impossible 2 opened on Memorial Day weekend and grosses nearly $71 million. The movie went on to make over $200 million.

This was the year that several celebrity couples called it quits. Alec Baldwin and Kim Basinger, Harrison Ford and Melissa Mathison, Garth and Sandy Brooks, and Dennis Quad and Meg Ryan all ended their long-term marriages.

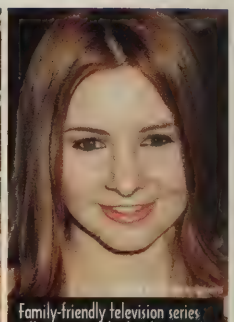
The year's biggest movies were *Cast Away, Meet the Parents, What Lies Beneath, Big Momma's House, Save the Last Dance, Miss Congeniality,* and *Hannibal.*

The world remembers:
- Sir John Gielgud, best remembered as the butler in *Arthur* in 1981. Gielgud died in May at 96.
- *Star Wars'* Obi Wan Kenobi, Sir Alec Guinness died at the age of 86.
- Steve Allen, the TV host who invented the late-night talk show, died at 78.
- Nancy Marchand, best known for her roles in *Lou Grant* and *The Sopranos* died a day before her 72nd birthday.
- Jason Robards, one of Hollywood's most respected actors, made more than 50 films and won two Academy Awards, died in December.
- Other entertainers that passed away this year included Richard Farnsworth, Loretta Young, and Gwen Verdon.

George Clooney and Mark Wahlberg star in *The Perfect Storm*, the tale of the ill-fated "Andrea Gail." The movie grossed over $186 million.

Scary Movie spoofs the teen slasher flicks and laughs all the way to box office.

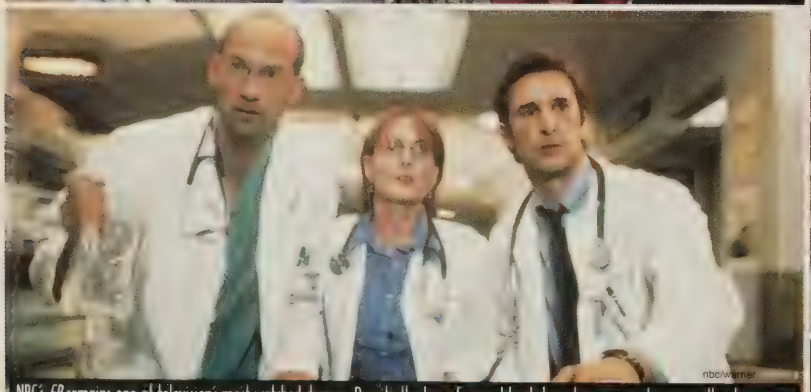
Zany host Regis Philbin gives away millions in cash prizes on ABC's hit game show *Who Wants to be a Millionaire?*



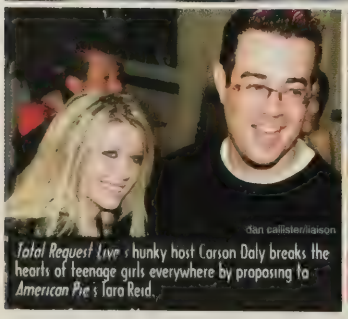
Family-friendly television series *7th Heaven* celebrates its remarkable 100th episode.

Australian actor Russell Crowe fights his way to stardom in the epic *Gladiator*. The movie earned 12 Oscar nominations including Best Picture, Best Actor, Best Supporting Actor, Best Director, and Best Original Screenplay. The film grossed more than $187 million and won the Golden Globe for Best Picture, Drama.

Mel Gibson has three hit movies in 2000 - *The Patriot*, *Chicken Run* (above), and *What Women Want*. He won two People's Choice awards and the sword he carried in *Braveheart* sold for $174,000 at a charity auction.

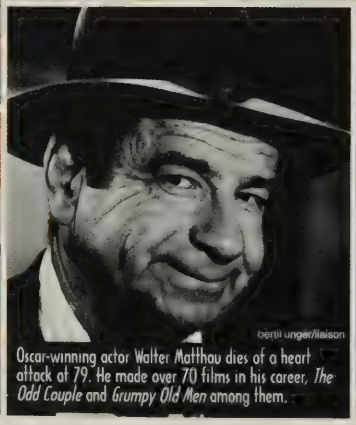


NBC's *ER* remains one of television's most watched dramas. Despite the loss of several lead characters over past seasons, the show was renewed through 2004.



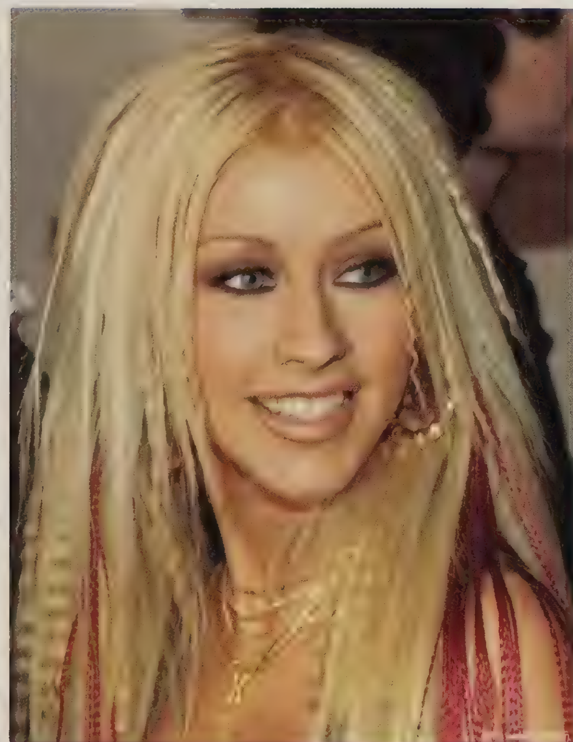
Total Request Live's hunky host Carson Daly breaks the hearts of teenage girls everywhere by proposing to *American Pie*'s Tara Reid.

NBC's *Friends* continues to be a fan favorite despite the threat from CBS's *Survivor II* moving into the Thursday night time slot.



Oscar-winning actor Walter Matthau dies of a heart attack at 79. He made over 70 films in his career, *The Odd Couple* and *Grumpy Old Men* among them.

A photo of Clayton Moore in his *Lone Ranger* costume goes on the auction block at Sothebys.



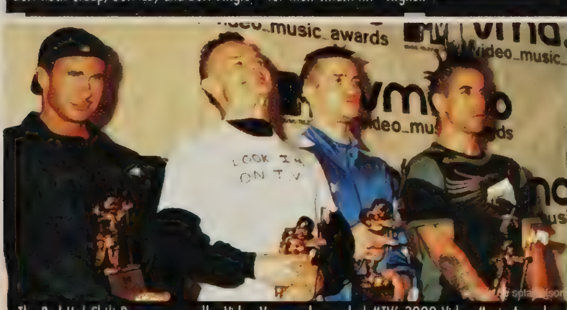
Diva Christina Aguilera has a busy year headlining her first tour, recording a duet with Ricky Martin, "Nobody Wants to be Lonely," and releasing a Christmas album.

billy kingsley/liaison

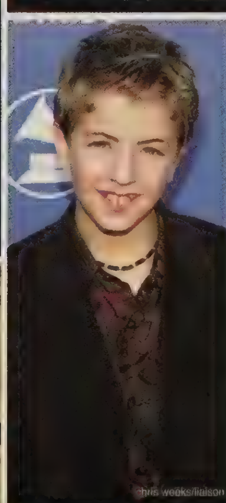
Faith Hill, America's sweetheart walked away with Grammy wins in Best Female Country Vocal Performance "Breathe," Best Country Album "Breathe," and Best Country Collaboration With Vocals for "Let's Make Love," sharing the latter award with husband Tim McGraw.

jason kirk/newsmakers

Creed receives an American Music Award for their *Human Clay* album in the Best Pop or Rock Music category. They were also given four Blockbuster Awards, including Group of the Year, Best Rock Group, Best CD, and Best Single – for their smash hit "Higher."



The Red Hot Chili Peppers score the Video Vanguard award at MTV's 2000 Video Music Awards along with two VMAs.



chris weeks/liaison

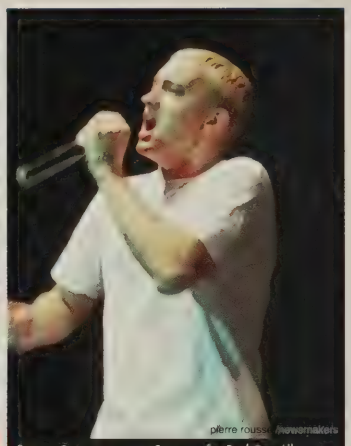
Billy Gilman wins 'Favorite New Country Artist' at the American Music Awards. His single "One Voice" was a million-seller.

Lead singer Billy Corgan announces the break up of the Smashing Pumpkins after nearly thirteen years of performing together.

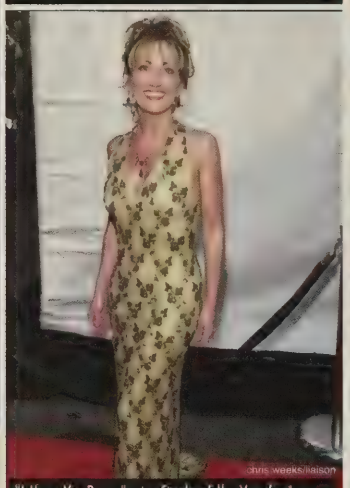
The hit single "He Wasn't Man Enough" wins Toni Braxton a Grammy for Female R&B Vocal Performance and a Grammy nomination for R&B Song. She also won Female R&B/Hip Hop Artist at the Billboard Music Awards, as well as Soul/Rhythm & Blues Favorite Artist and Favorite Album at the American Music Awards.

newsmakers

Duo Montgomery Gentry, Eddie Montgomery and Troy Gentry, display their Best Duo Award from the Academy of Country Music Awards.



Rapper Eminem wins a Grammy for Best Rap Album "The Marshall Mathers LP." He also won Best Rap Solo and Best Rap Duo/Group Performance.



"I Hope You Dance" wins Single of the Year for Lee Ann Womack at the Annual Music Awards. Womack also won the Grammy for Best Country Song.

U2 comes away with Grammys for Record of the Year, Song of the Year, and Best Rock Performance By A Duo/Group, all for "Beautiful Day."

Lil' Bow Wow's platinum debut "Beware of Dog" features the hit single, "Bow Wow (That's My Name)."

Jennifer Lopez hits the top of the music and movie charts with "J.Lo" and *The Wedding Planner*. The end of her relationship with rapper Sean "Puff Daddy" Combs was announced on Valentine's Day. At the time, Combs was on trial for weapons and bribery charges.

Pop diva Pink tops the charts with the release of "Can't Take Me Home."

"Say My Name" by Destiny's Child wins Grammys for R&B Vocal Performance by a Duo or Group and R&B Song.

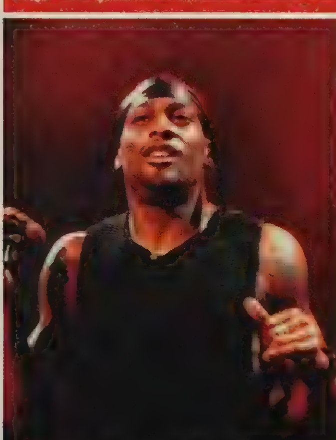
Madonna attends the premiere of *Snatch* with director and new husband Guy Ritchie.

After five albums and 11 years on the music scene, funk rocker Lenny Kravitz releases his greatest hits collection, featuring "Again."

The Grammy for Best Dance Recording goes to the title track of "Who Let the Dogs Out" by the Baha Men.

Bad boy rockers Limp Bizkit's "Chocolate Starfish and the Hot Dog Flavored Water" top the billboard charts with more than 1 million copies sold in its first week. These huge sales grabbed Limp Bizkit the #6 slot on the biggest one-week sellers of all time.

Macy Gray wins the Best New Artist Award for her "I Try" video at the MTV Video Music Awards! Gray also won a Grammy for Best Female Pop Vocal Performance.



D'Angelo takes home a Male R&B Vocal Performance Grammy for "Untitled (How Does It Feel)."

Pop-punk trio Blink 182 wins Best Group Video at the MTV Awards.

Kid Rock is awarded Favorite Male Artist Rock Music in the American Music Awards.

other music news

The debut album *Liquid Dreams* from the O-Town band was highly anticipated. The band was the creation of mogul Clive Davis and Lou Pearlman through ABC's show *Making of the Band*. The second season of the show will follow the band on their first headlining tour.

The foursome *Dream* came together after an audition intended to create an incredible girl band. "Puffy" Combs signed the four girls to his Bad Boy label. Their sound was hip-hop with a pop inflection could be heard on their debut album, "It was all a Dream."

Aaron Carter was a pint-size sensation who wowed audiences all over the world. He followed in the footsteps of his big brother, Nick of the Backstreet Boys. According to the Guinness World Record, Aaron was the youngest recording artist to have four consecutive top-ten hits.

Thirty-year-old Colleen Fitzpatrick, known as Vitamin C, released her second album, "Move."

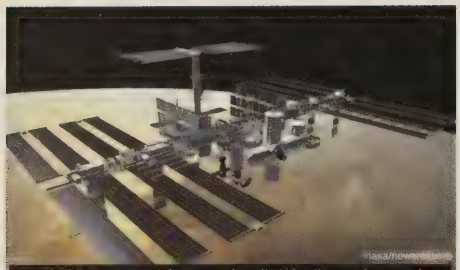
Cameron Crowe recreated his days as a teenage reporter covering the Seventies music scene for Rolling Stone in the movie *Almost Famous*.

Considered King of the Mambo and King of Timbales, percussionist and bandleader Tito Puente died at 77.

Metallica frontman James Hetfield was injured forcing him to miss nearly a month of the Summer Sanitarium Tour.

Prominent bands from the 70s and 80s lost members within the past year. Benjamin Orr of the Cars died of pancreatic cancer. Paul Young, vocalist for Mike and the Mechanics hit "All I Need is a Miracle" died in July. Jerome Smith, guitarist for KC and the Sunshine Band died in a construction accident.

trends and technology



nasa/newsmakers

Descent of the Mir space station raises fears that it will cause damage when it reenters the earth's atmosphere. Once the pride of the Russian space program, the outdated Mir became a casualty of aging technology.

sony/newsmakers

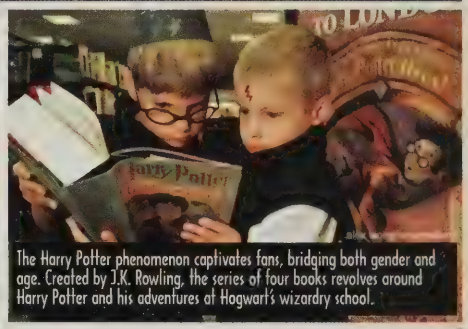
Sony releases the Playstation2 to the North American market in October 2000. The unit is equipped with DVD movie playback, an expansion bay, and a network adapter. Way cool!

volkswagen/newsmakers

The engineers at Volkswagen Automotive do it again with their new Microbus. Designers were able to pull off a new look for an old cult favorite, while incorporating a vision for the future. Surfboard optional.

chris hondros/newsmakers

Hitting streets and towns everywhere, scooters, better known as Razors, become the trendiest new form of teen transportation.



The Harry Potter phenomenon captivates fans, bridging both gender and age. Created by J.K. Rowling, the series of four books revolves around Harry Potter and his adventures at Hogwart's wizardry school.

apple.com

Apple introduces the G4 Cube, equipped with top-loading writable CD drive and a fan-free cooling system for a completely silent workspace.

sprint.com

Samsung releases the Uproar SPH-M100, MP3 cellular phone. No bigger than a large pack of gum, it can be used to download and play MP3 tunes.

The second-generation Aibo dog from Sony takes the market by storm. Definitely the present to get, each robot dog is equipped with a computer, which in turn allows it to learn from real life experience.

Heinz adds the new flavorful color green to its line of ketchup, snagging a curious audience.

apple.com

Flower Powered iMacs From the people who brought you the multicolored iMacs and iBooks, Apple introduces the new line of special edition iMacs – funky, yet powerful!

Singer Pink shows off her trademark, spiked pink hair. The hair style was often duplicated by teens everywhere.

70's dos and shades are back.

delias.com

Side-tie strings are the latest in jean fashion.

From Madonna to the mall, the lace-front camisole makes an appearance everywhere you look.

delias.com

Fashion goes back to the basics with denim and tiny tank tops.

delias.com

Loose and comfortable are the only requirements for today's PJs.

other trends and technology news

Trying to put computer users more "in touch" with what they see on-screen, Logitech introduced the iFeel MouseMan mouse which shakes and vibrates as the user rolls over an image that has texture.

Scientists from both the US and England announced completion of the mapping of the human genome.

Boots were back in the wardrobe this year from short and clunky, to the tall over-the-calf styles.

Visa introduced the Buxx card. This is a parent controlled, reloadable card for teens. It taught teens how to manage money while parents set predetermined spending amounts.

Researchers produced a genetically altered monkey with DNA from a jellyfish. This was the first primate successfully altered genetically.

An international group of fertility experts announced plans to be the first to clone a human being. There was strong dissension from both the scientific community and religious leaders worldwide.

Move over Palm Pilots – Anoto AB came out with the Anoto pen, which allows the user to simply write on any surface and to transfer data to any computer.

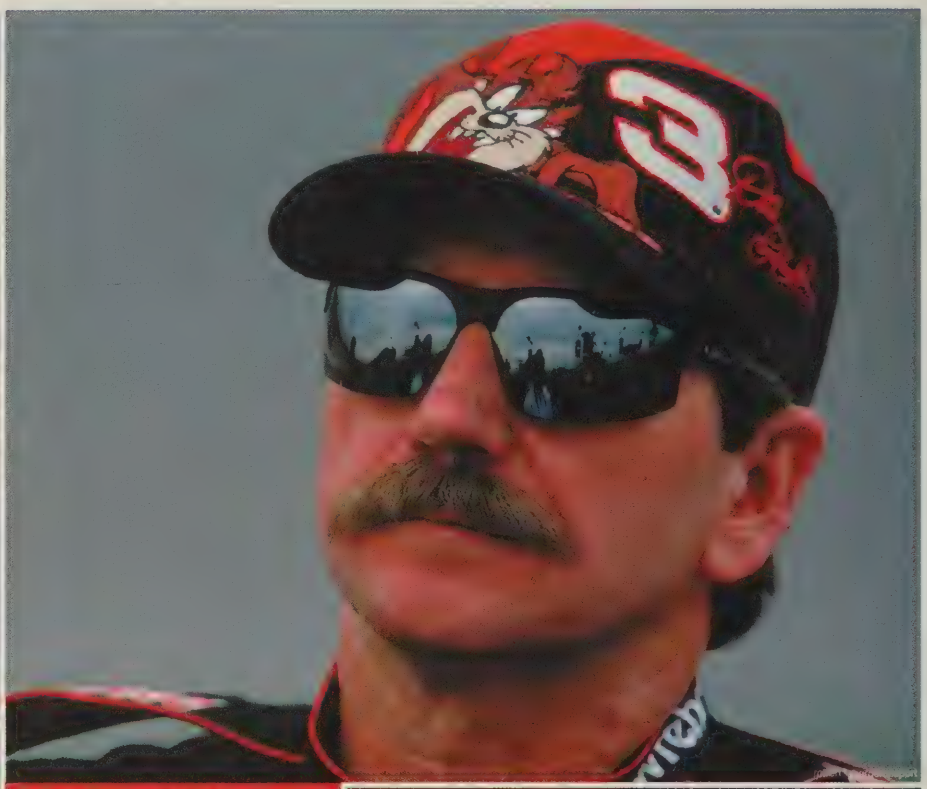
Clothing in the "hip hop, cool, absolutely-must-have" area were halter tops, tanks, head scarves, hot shorts, neon digital watches, and stacked platform shoes.

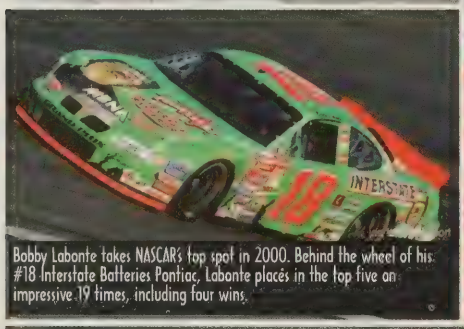
Fringe, ruffles, and beads made dressing up fun and glamorous.

AOL, a Time Warner company, released its 6.0 online Internet service and boasted over 28 million members worldwide.

sports

Top seed Pete Sampras remains king of the tennis world. He claimed a record 13 Grand Slam titles with a come-from-behind victory on the grass courts at Wimbledon, England.



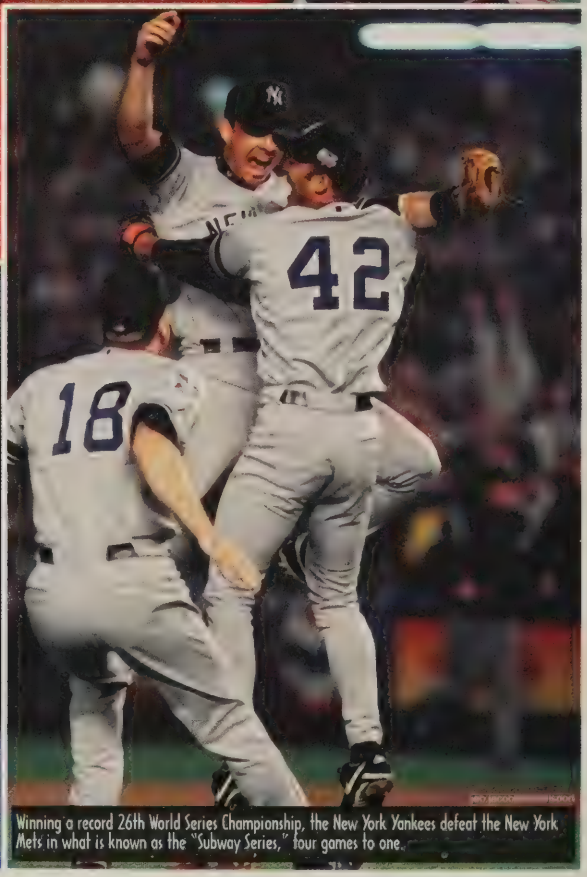


Bobby Labonte takes NASCAR's top spot in 2000. Behind the wheel of his #18 Interstate Batteries Pontiac, Labonte places in the top five an impressive 19 times, including four wins.

Racing legend Dale Earnhardt dies in crash at Daytona

Seven-time NASCAR Winston Cup champion, Dale Earnhardt, dies from injuries sustained in a crash on the last lap of the 2001 Daytona 500. Known as one of the best at his sport, the man in black's number three was recognizable to all.

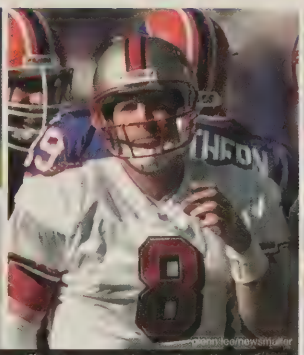
Winning the US Open by a record 15 shots, golfer Tiger Woods picks up his third major, adding to his 1997 Masters and 1999 PGA Championship. Woods also became the fastest and youngest player to win golf's "career grand slam," having now claimed victories in the US Open, the Masters, the PGA Championship, and the British Open.



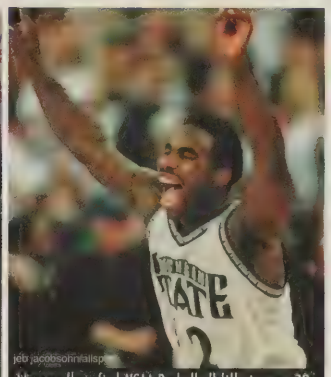
Winning a record 26th World Series Championship, the New York Yankees defeat the New York Mets in what is known as the "Subway Series," four games to one.

Vince McMahon, the man who introduced the world to the wonders of the World Wrestling Federation, attempts to bring the same raw feel to football with the XFL – Xtreme Football League.

mike fiala/newsmaker

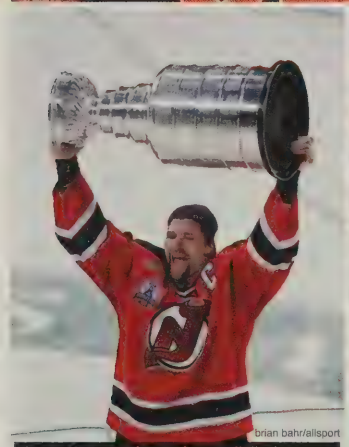


The Dallas Cowboys waive quarterback Troy Aikman after 12 seasons. Aikman who suffered 10 concussions in those 12 years, led the Cowboys to six division championships and three Super Bowl Championships. Steve Young announced his retirement after 15 years with the San Francisco 49ers. The 38-year-old quarterback won two MVP Awards and led the team to a Super Bowl victory.



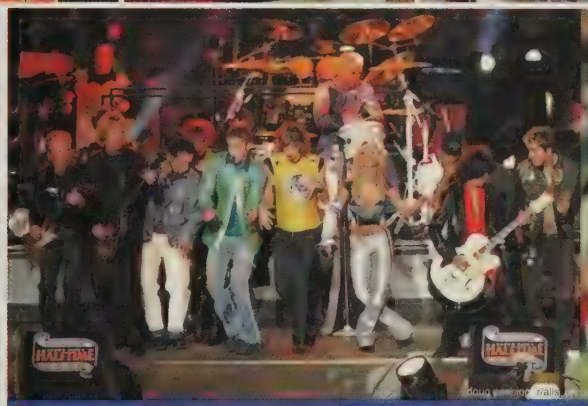
jeb jacobson/allsport

Winning their first NCAA Basketball title in over 20 years, the Michigan State Spartans held off the Florida Gators for an 89-76 victory.



brian bahr/allsport

The New Jersey Devils come home with the top prize in hockey, the Stanley Cup, after a hard-fought overtime victory against the Dallas Stars.



doug pensinger/allsport

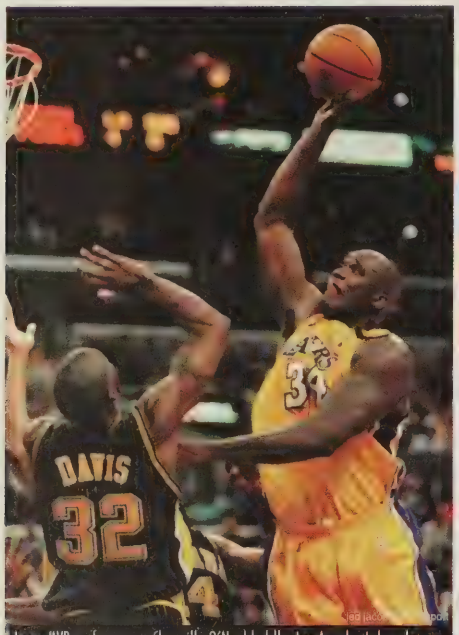
andy lyons/allsport

Super Bowl XXXV and halftime extravaganza The Baltimore Ravens' unstoppable defense helps carry them to a Super Bowl victory with a 34-7 routing of the New York Giants. And the halftime show wasn't bad either, featuring showcase acts like rockers Aerosmith, teen-idols Britney Spears and N*SYNC, as well as hip-hopsters Nelly and Mary J. Blige.

Following an altercation with an Indiana University student, Bobby Knight is fired from his long-time position as head coach of the Indiana Hoosiers.

The University of Oklahoma Sooners shut down the Florida State Seminoles, winning their first NCAA Football championship in 15 years. The 2001 FedEx Orange Bowl defensive bout ended with a final score of 13-2.

Becoming only the second professional sports team to win four consecutive championships in two decades, the WNBA Houston Comets defeat the NY Liberty.



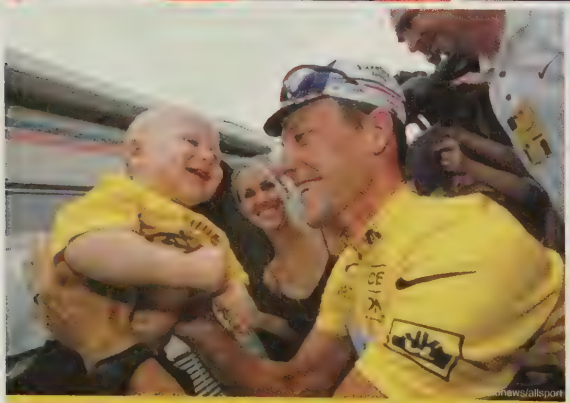
In an MVP performance, Shaquille O'Neal led the Los Angeles Lakers to their first NBA title in a dozen years with a 116 – 111 victory over the Indiana Pacers in game six of the NBA Finals.

Canadian triathlete Simon Whitfield overcomes a near disastrous cycling accident to win the gold medal in the 2000 Olympic Games.

After defeating Serena in the women's singles, Venus Williams went on to beat Lindsay Davenport in the Olympic tennis finals. The Williams sisters joined up to win the gold medal in the women's doubles final.

Setting a record for the most medals won by a female Olympic athlete, Marion Jones wins five medals in the 2000 Sydney Summer Olympic Games; three gold and two bronze.

American Rulon Gardner wins the gold medal for Greco-Roman Wrestling at the 2000 Sydney Summer Olympic Games. Rulon defeated Russian Alexander Karelin, who had gone undefeated for 13 years.



Cancer survivor Lance Armstrong wins 2000 Tour de France American cyclist Lance Armstrong sported the honored yellow jersey again after winning his second Tour de France.

Dutch swimmer Pieter van den Hoogenband surprises the swimming world when he takes the Olympic gold medal in the 200 meter freestyle, defeating the hometown favorite, "the Thorpedo", Thorpe.

Narrowly defeating Lithuania in the Mens Basketball semifinals, and France in the finals, the USA "Dream Team" wins Olympic gold.

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